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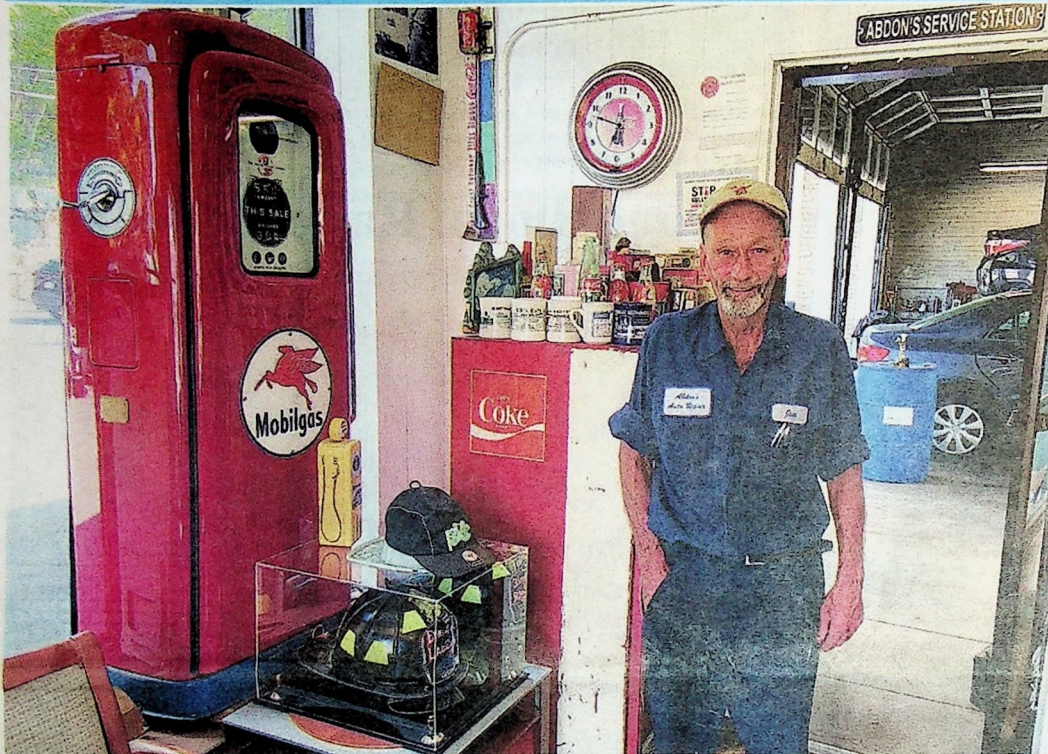
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JIM ABDON of Abdon Auto Repair in Wollaston is retiring this week after a 46-year career. In a recent interview, he thanked his customers for their support of the years. "I will miss them," he said. "They're not just customers, they're friends, like family." Here Abdon is pictured inside his office, next to a vintage gas pump as well as a helmet gifted to him by the firefighters at the firehouse next door.

Quincy Sun Photos/Scott Jackson

Abdon Auto Repair Closing

Owner Jim Abdon Retiring After 46 Years In The Business

By SCOTT JACKSON

From a young age, Jim Abdon knew he wanted to work on cars, and he got the chance to do that after graduating from the Quincy Vo-Tech, when his father purchased an auto repair shop on Beale Street.

Now, after 46 years in business, Abdon Auto Repair will be closing today (Thursday) with Abdon ready to retire to spend time with his two grandchildren.

On a recent afternoon while sitting in his office – the walls of which are adorned with pictures of his family, images of vintage automobiles, and memorabilia of the Patriots and pop icons like Elvis Presley and the Three Stooges – Abdon recalled taking an interest in cars at a young age.

"I always wanted to work on cars," he said. "I built models when I was a kid, went to the Quincy Vo-Tech.



A 1976 GRADUATE of the Quincy Vo-Tech, Jim Abdon recalled wanting to work on cars from a young age. "It's just something about working on cars – probably watching Fonzie on Happy Days," he said recently. "I always wanted to work with my hands."

Cont'd On Page 15

Koch, Wu Met To Discuss LI Bridge

By SCOTT JACKSON

Quincy Mayor Thomas Koch said he met with his counterpart to the north, Boston Mayor Michelle Wu, earlier this year to discuss a number of topics, including Boston's proposal to rebuild the Long Island Bridge.

Among the other topics they discussed was the MBTA, Koch said.

The two neighboring cities have been at loggerheads over the bridge since January 2018, when then Boston Mayor Marty Walsh announced a proposal to rebuild the bridge and open a new recovery campus on

Long Island. Koch and other Quincy officials were quick to oppose rebuilding the bridge, citing potential traffic impacts in Squantum and nearby parts of the city.

In a recent interview, Koch said he met with Wu, who in November was sworn-in as Boston's mayor, to discuss a variety of topics, including the bridge.

"I met with the mayor of Boston a couple of months ago, I went into see her and we discussed a number of issues in general. We did talk specifically about the Long Island Bridge," Koch said.

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Neat Neighbors Contest Underway

Nominations are open for the annual "Neat Neighbors" contest, Mayor Thomas Koch announces.

The annual contest aims to recognize Quincy residents that maintain their yard or property in the spirit of a Cleaner, Greener Quincy. Each year 30 winners are chosen from throughout the city.

To nominate a friend, neighbor, or a house that does a great job with the upkeep of their property, call (617) 376-1251 or email pdoherty@quincyma.gov. Nominations are open from now through Labor Day.

Winners are chosen at random from those properties that meet the standards of the contest; this is not a competitive evaluation contest. Winners will be announced in September.

"Quincy's aesthetic appearance is a team effort by our residents, businesses, and local government," Koch said. "Working together, we have a city with more than 100,000 people that has the look and feel of a small town. I want to thank all those folks that spend their time and resources to keep Quincy looking so great."

Quincy has conducted a "Neat Neighbors" contest for many years now. Thirty winners will be awarded a \$30 gift certificate from a local garden center in recognition of their efforts.

"It is our hope not just to recognize those residents that maintain their properties but also to encourage others that do not," said Commissioner of Natural Resources Dave Murphy. "Beautification is contagious and one home can make it big difference in a neighborhood; both good and bad. We hope to build increasing interest in property maintenance to keep our city both cleaner and greener."

More Quincy news:

The Quincy Sun.com

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Saturdays In The Park Returns Aug. 6 - Page 19
SJC Sides With Boston In Bridge Dispute - Page 20





TWO-TIME MANET Medallion recipient Norfolk District Attorney Michael Morrissey (left) receives congratulations from Manet Board President Grace Murphy-McAuliffe and June Bloom Planning Committee member Dr. Eric Cohen. Courtesy Photos



MANET'S JUNE BLOOM host and local horticulturalist/meteorologist Dave Epstein had a tough choice in selecting the winner of Best Bloom of 2022 floral competition. He selected DDS Blooms of Quincy as the winner.

Manet Community Health Center's June Bloom Raises \$140,000

Event Honors Pandemic Response Volunteers

The ballroom at Lombardo's function facility was in full floral splendor for Manet Community Health Center's signature June Bloom fundraising event on June 9, with more than 300 Manet supporters, friends and staff on hand as the Manet Board of Directors presented its highest honor – the Manet Medallion – to the 66 dedicated Pandemic Response Team Volunteers who assisted with the health center's community COVID-19 vaccination efforts across Manet's service area, including Quincy, Hull, Taunton and Attleboro.

The event raised more than \$140,000 for the health center, an independent non-profit health center dedicated to ensuring quality, comprehensive health care for all. Dave Epstein, local horticulturalist/meteorologist, served as host for the event and the program included remarks from Mayor Tom Koch, June Bloom



SIXTY-SIX PANDEMIC Response Team Volunteers were honored with the Manet Medallion at Manet Community Health Center's June Bloom event on June 9.

Event Co-chairperson Alicia Gardner, Manet's Board President Grace Murphy-McAuliffe and Chief Executive Officer Cynthia Sierra.

Sierra thanked the Medallion recipients, describing them "as truly unmatched in this volunteer call to action and service... THE EXAMPLE of love for community and each other," before giving attendees a brief preview of what's to come for Manet, including

developing a school-based health center in Taunton, opening a radiology and mammography suite in North Quincy, further expanding behavioral health team and services, providing services within the new housing resource center in partnership with Father Bills & Mainspring and expanding its Attleboro site.

Several past Medallion recipients were in attendance to show their appre-

ciation for the latest honorees, including Kate Walsh, President & CEO of Boston Medical Center, Senator John F. Keenan, The Curry Family, Mayor Koch and representatives from Blue Cross Blue Shield of Massachusetts. Norfolk District Attorney Michael W. Morrissey, was among this year's recipients and received his first Medallion in 2009 when he was a state senator, making him the

only two-time Medallion recipient.

The Pandemic Response Team Volunteer recipients represent Manet's service areas and include working, retired, social and education, community-based service professionals, state, county and senior and junior citizen volunteers. They assisted in 148 volunteer sessions at 180 Colony Ave. in Quincy, where nearly 35,000 vaccines were administered to local residents from January

2021 to February 2022.

Epstein selected DDS Blooms of Quincy as the winner of the Best Bloom of 2022 floral competition. Floral competitors and donors included: Almquist Flowerland, Bristol County Agricultural High School, Clifford's, Flowers by the Station, Hartstone Flowers, Houghs Neck Garden Club, Kennedy's Country Gardens, Norfolk Agricultural School Students, Soil and

Cont'd On Page 18



The USDA funded Summer Food Service Program for Children sponsored by the Quincy Public Schools will provide free meals to all children without charge, regardless of race, color, national origin, sex, age or disability.

Lunch Service: Monday—Friday 11 am to 1 pm - July 5 through August 19, 2022

Please note the following guidelines for the Quincy Summer Eats Program:

UPDATE: This is a grab and go or a congregate feeding site. Children can now leave the premises with lunch or stay and eat.

UPDATE: Parents can take one meal per child.

Children age 18 years old and younger are allowed to take one lunch.

Parent/guardian cannot take meals on their child's behalf or for themselves.

There are no registration or income requirements to participate.

"This is an equal opportunity provider."

SITE LOCATIONS:

The Snug Harbor School
The Ward II Community Center
The Lincoln Hancock School cafeteria
The F.W. Parker School cafeteria
The Montclair Elementary School gym

SUMMER EATS
FREE MEALS FOR KIDS & TEENS



KATE WALSH, president and CEO of Boston Medical Center Health System and Past Manet Medallion recipient, with Manet CEO Cynthia Sierra.

MA Legislature Passes \$52.7 Billion FY23 Budget

Includes Funding For Water Ferry, QCAP Food Center, Wollaston Recreation Facility Renovations

The Massachusetts Legislature has unanimously passed a \$52.7 billion budget for Fiscal Year 2023 (FY23). This budget upholds fiscal responsibility and makes targeted investments to strengthen the state's economic foundation, protect the most vulnerable residents and support the everyday needs of communities and families in the Commonwealth.

"As Massachusetts residents and businesses continue to face discouraging economic uncertainty, the Legislature's FY23 Budget responds to the financial challenges facing the Commonwealth by balancing a focus on immediate needs such as workforce development, with a focus on long-term investments that are designed to grow our economy in a sustainable way," said House Speaker Ronald J. Mariano (D-Quincy). "I want to thank Chairman Michlewitz, the Committee on Ways and Means, and all my colleagues in the House, as well as Senate President Karen Spilka and our partners in the Senate for the hard work and collaboration required to get this done."

Taking into consideration historic tax revenue performance in Fiscal Year 2022 (FY22), the final FY23 conference report increases revenue projections by \$2.66 billion over the December consensus for a projection of \$39.575 billion. The FY23 budget transfers funds into the Stabilization Fund, projecting an estimated historic balance of approximately \$7.35 billion for this crucial 'rainy day' fund at the end of the fiscal year.

"I am proud that the legislature was able to deliver a balanced FY23 budget that addresses the needs of the Commonwealth despite the challenges we have faced this year," said Representative Tackey Chan (D-Quin-

cy). "The package includes crucial funding for Quincy, including an increase in local aid, education funding, and investments in our service agencies who have worked tirelessly throughout the pandemic. This budget shows the Commonwealth's deep commitment to our residents and communities and paves the way for economic growth."

Investments in Quincy include:

- Pursuant to the language access mandate from the federal Voting Rights Act, Massachusetts allocated funds for a grant program that would support Quincy in providing translated election materials, including ballots
- \$100,000 for Quincy Community Action Programs, Inc. for the rehabilitation and expansion of their new food center facility
- \$900,000 for the maintenance and seasonal staffing of beaches in Quincy, Lynn, Revere, Winthrop, Boston, Hull, and Nahant
- \$75,000 for improvements, preparedness, and operations for ferry services in Quincy
- \$75,000 for renovation and accessibility improvements to the Wollaston Recreational Facility
- \$100,000 for Germantown Neighborhood Center
- \$100,000 for Quincy Asian Resources, Inc.
- \$10,000 for programming by the Friends of the Thomas Crane Public Library, Inc.
- \$50,000 for the Quincy Fire Hazmat Unit
- \$25,000 for the Ward 2 Civic Association
- \$25,000 for the Penn's Hill Neighborhood Association
- \$50,000 for improvements to Faxon Park
- \$100,000 for student supports at Quincy College
- \$50,000 for the Quincy Police Department for an

accident reconstruction vehicle

• \$95,000 for seasonal State Police patrols along Wollaston Beach

• \$50,000 for the Quincy Fire Department for firefighter safety equipment including thermal-imaging units

• \$1,000,000 for the operation of a water ferry connecting Winthrop, Lynn, Quincy, and East Boston to mitigate commuter disruptions from the renovation of the Boston Harbor Tunnels

"I proudly joined with our local delegation to support the budget due to the positive impacts it will have on the lives of people across the Commonwealth, in education, healthcare, housing, and transportation. Locally, it includes record increases in school funding and money for other local government programs," said Sen. John Keenan (D-Quincy). "Our interactions with constituents and local leaders

helped shape our amendments, and as a result we were able to secure funding for local first responders, the Crane Library, Quincy College, and our great local nonprofit health and social service providers. This budget will go a long way toward improving the lives of all Quincy residents."

"This is a robust budget that will move Massachusetts forward into FY23 in a fiscally responsible manner," said Rep. Bruce Ayers (D-Quincy). "It reflects our priorities as a state and our continued commitment to an economy driven by a strong lower- and middle-class. And it funds important projects in our districts that will keep cities like Quincy growing and best prepared to meet the needs of our population."

Notably, the Legislature provides significant funds in the FY23 budget to invest in the Commonwealth's long-term future obligations.

Prioritizing funding for education, this budget includes \$175 million in a newly created High-Quality Early Education and Care Affordability Trust Fund to be utilized in the coming years to support the implementation of the recommendations made by the Early Education and Care Economic Review Commission. Additionally, a supplemental payment of \$150 million is included to the Student Opportunity Act (SOA) Investment fund, bringing its balance up to \$500 million, ensuring resources will be utilized in the future to support equitable funding for our most vulnerable students.

The budget strongly reflects the Legislature's commitment to support cities and towns and provides a significant amount of local and regional aid to ensure communities can provide essential services to the public while rebuilding from a once-in-a-

generation pandemic. This includes \$1.231 billion in funding for Unrestricted General Government Aid (UGGA), an increase of \$63 million over FY22, and \$45 million in payments in lieu of taxes (PILOT) for state-owned land, an increase of \$10 million over FY22, providing supplemental local aid payments to cities and towns working to improve access to essential services and programs. Quincy will receive \$22,119,307 in Unrestricted General Government Aid.

The FY23 budget includes \$187 million to fund the Massachusetts Bay Transportation Authority (MBTA) as well as \$226.2 million for a safety and workforce reserve to address ongoing safety concerns identified by the Federal Transit Administration's Safety Management Inspection.

As a cornerstone of the
Cont'd On Page 4

Access the equity in your home or free up cash monthly Here's how...

Maybe you'd love to access the equity in your home but you're nervous about taking out an adjustable home equity line with interest rates rising. Or maybe you went with a shorter term and that monthly payment has become a burden. **This is something that could work for you - refinance into a new 30-year mortgage.** With 30-year rates still historically low, it's definitely a home equity loan/line alternative. And also a way to free up cash monthly and make your life easier. Would a new 30-year loan be right for you? It's easy to find out. Apply online or call Angela Blanchard at 617-376-3500. Colonial Federal, a bank with ideas.



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• On Aug. 10, 1776, news reaches London that the Americans had drafted the Declaration of Independence. Until the Declaration of Independence formally transformed the 13 British colonies into states, the conflict centered in Massachusetts was seen as a local uprising.

• On Aug. 13, 1781, Patriot forces, led by Col. William Harden and Brig. Gen. Francis Marion, known as the "Swamp Fox," lure British commander Maj. Thomas Fraser and his 450 soldiers into an ambush at Parker's Ferry, near Charleston, South Carolina. Marion had earned his nickname for his ability to "outfox" his opponents in the swamps of the South Carolina backcountry.

• On Aug. 9, 1936, at the Berlin Olympics, African American track star Jesse Owens wins his fourth gold medal of the Games in the 4 x 100 meter relay. His relay team set a new world record of 39.8 seconds, which held for 20 years.

• On Aug. 8, 1945, President Harry S. Truman signs the United Nations Charter, and the United States becomes the first nation to complete the ratification process and join the new international organization. Although hopes were high at the time that the United Nations would serve as an arbiter of international disputes, Truman did not even use one of the ceremonial pens to sign, instead opting for a cheap 10-cent desk pen.

• On Aug. 12, 1953, less than one year after the United States tested its first hydrogen bomb, the Soviets detonate a 400-kiloton device in Kazakhstan. Known as the "Layer Cake," the bomb was fueled by layers of uranium and lithium deuteride, a hydrogen isotope.

• On Aug. 11, 1973, "American Graffiti," a nostalgic coming-of-age tale steeped in the car-centric culture of suburban California, is released in theaters. The movie went on to become a sleeper hit.

• On Aug. 14, 1985, Michael Jackson takes control of the publishing rights to the vast majority of the Beatles' catalog for \$47 million, outbidding Paul McCartney himself. In the years afterward, the catalog was estimated to be worth in excess of \$1 billion.

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The Garden Bug
Pencil cactus

Also known as a "milk bush," this plant is a native to tropical Africa and India. It requires little water, thus it is often sold as a kind of cactus; but it is actually a succulent. It can grow up to 30 feet tall outside and well over 6 feet indoors. The toxicity of its milky sap is so intense that even a small drop of it can cause severe irritation, redness and burning sensations, and contact with or near the eyes can cause profound pain and temporary blindness.

- Brenda Weaver
Sources: www.gardeningcentral.org, greenerunlimited.com

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Legislature Passes \$52.7B FY23 Budget

Cont'd From Page 3

Commonwealth's economic foundation, the FY23 budget expands access to educational opportunity and strongly supports students, families, educators, and institutions. Delivering on the Legislature's promise to fully fund and implement the SOA by FY27, this budget invests \$6 billion in Chapter 70 funding, an increase of \$495 million over FY22, and doubles minimum Chapter 70 aid from \$30 to \$60 per pupil. This historic level of investment ensures the state remains on schedule to fully implement the law, provides school districts with resources to provide high quality educational opportunities, and addresses rising costs and administrative challenges related to the COVID-19 pandemic. Quincy will receive \$35,407,991 in Chapter 70 funding, an 11% increase from FY22. The FY23 budget also includes \$110 million for a year-long extension of universal school meals, providing immediate relief to working families by saving them up to \$1,200 every year from reduced grocery expenditures, according to The Feed Kids Coalition.

The budget also reflects a strong commitment to early education and care, investing \$1.18 billion into this sector, including \$365 million in new resources to begin implementation of recommendations made by the Early Education and Care Economic Review Commission. These investments will help to stabilize providers, support the early educator workforce with rate increases and higher education opportunities, and provide access to affordable care for children and families.

The budget invests in higher education, allocating \$670 million for the University of Massachusetts system, \$352 million for community colleges, and \$328 million for state universities. The budget also includes \$175 million in scholarship funding and funds the community colleges SUCCESS Fund at \$14 million and the STEM Starter Academy at \$4.75 million. The budget also expands access to inclusive education opportunities for young adults with disabilities by removing existing barriers, codifies the Massachusetts Inclusive Concurrent Enrollment Initiative (MAICEI) grant program and dedicates \$4 million in flexible resources for the public higher education system to support inclusive learning options for this diverse student population.

Other education investments include:

• \$441 million for the

Special Education Circuit Breaker, reimbursing school districts for the high cost of educating students with disabilities at the statutorily required 75 per cent reimbursement rate

• \$244 million for reimbursing school districts at 75 per cent for costs incurred when students leave to attend charter schools

• \$82.2 million for regional school transportation

• \$23 million for homeless student transportation

• \$16.5 million for grants to the Head Start program to maintain access to early education services for low-income families

• \$15 million for the Commonwealth Preschool Partnership Initiative to expand access to pre-kindergarten and preschool opportunities in underserved areas

• \$6 million for Social Emotional Learning (SEL) Grants to help K-12 schools bolster SEL supports for students, including \$1 million for a new pilot program to provide mental health screenings for K-12 students

• \$1.5 million for the Genocide Education Trust Fund, fulfilling our commitment to fund efforts to educate middle and high school students on the history of genocide and support implementation efforts in accordance with Chapter 98 of the Acts of 2021, An Act Concerning Genocide Education, passed by the Legislature in 2021

Recognizing that health care makes up more than 40 percent of our annual state budget, the Legislature's FY23 budget sustains support for the state's safety net by funding MassHealth at a total of \$19.48 billion, ensuring over 2.1 million people with continued access to comprehensive health care services. The budget prepares for the transition of individuals from MassHealth to the Health Connector when the federal public health emergency ends by providing \$50 million for a Connector Care Pilot Program, which utilizes savings from the American Rescue Plan to fund subsidized health insurance plans for members that are between 300%-500% of the federal poverty level (FPL) for two years. It also invests \$73 million to expand eligibility for the Medicare Savings Program to 225% FPL.

The FY23 budget invests in the human services workforce who provide services to the state's most vulnerable residents, including \$230 million for Chapter 257 rates for health and human service workers, \$40 million to continue higher rate add-ons and ensure a smaller wage cliff between FY22 and FY23 for home

health aides and homemakers, and \$1 million for the Nursing and Allied Health Workforce Development program. Additional investments include funding for programming such as the Elder Mental Health Outreach Teams, the Safe and Successful Youth Initiative Expansion, nine Elder Supportive Housing Sites, and the SHINE Program.

Funding a range of services to help those struggling and in need, the FY23 budget invests \$218.2 for substance use disorder and intervention services provided by the Bureau of Substance Addiction Services and more importantly, addresses the mental health crisis in Massachusetts by creating the Behavioral Health Access and Crisis Intervention Trust Fund, which will fund crisis supports and a new behavioral health crisis hotline.

It also invests \$20 million to recapitalize the Behavioral Health, Access, Outreach and Support Trust Fund to support targeted behavioral health initiatives, \$15 million for emergency department diversion initiatives for children, adolescents, and adults and \$8.2 million to support student behavioral health services at the University of Massachusetts, state universities and community colleges.

Sending a strong and unequivocal message that reproductive and gender affirming health care will be protected in Massachusetts in the face of growing legal uncertainty across the United States after the U.S. Supreme Court overturned *Roe v. Wade*, the FY23 budget invests \$2 million in grants for improvements to reproductive health access, infrastructure, and safety.

Finally, recognizing that stroke is a leading cause of long-term disability and death in the United States and Massachusetts, the FY23 budget includes provisions establishing a comprehensive system of stroke response and care to ensure patients receive the appropriate urgent care quickly. With this system of care in place, a person experiencing a stroke will be transported to the nearest trauma center, improving long-term health outcomes and rates of survival.

Other health care and public health investments include:

• \$113.1 million for children's mental health services

• \$28.3 million for Family Resource Centers to grow and improve the mental health resources and programming available to families

• \$75.3 million for sexual

assault and domestic violence prevention services

• \$48.8 million for early intervention services, to ensure increased supports for families with infants and young toddlers with developmental delays and disabilities

• \$15 million for grants to support local and regional boards of health, continuing our efforts to build upon the successful State Action for Public Health Excellence (SAPHE) Program

Building on the foundation of last year's efforts to tackle deep poverty, the FY23 budget supports working families struggling with the economic toll associated with rising costs and includes a record investment in the annual child's clothing allowance, providing \$400 per child for eligible families to buy clothes for the upcoming school year. The budget also includes a 10 percent increase to Transitional Aid to Families with Dependent Children (TAFDC) and Emergency Aid to the Elderly, Disabled and Children (EAEDC) benefit levels compared to June 2022 to ensure the economic supports necessary to provide stability to families across the state.

Other children and family investments include:

• \$30.6 million for Emergency Food Assistance to ensure that citizens in need can navigate the historic levels of food insecurity caused by COVID-19

• \$28.5 million for the YouthWorks jobs program to fund over 6,000 summer and year-round jobs for youth in low-wage-earning and fixed-income families

• \$20 million in Healthy Incentives Programs to maintain access to healthy food options for households in need

• \$7.5 million for grants to community foundations to support communities disproportionately impacted by the pandemic

• \$3.5 million for the Massachusetts Center on Child Wellbeing & Trauma

• \$4.1 million for Children Advocacy Centers to improve the resources available to children who have been neglected or sexually abused

The FY23 budget provides resources to help with housing stability to keep individuals and families in their homes, including \$219.4 million for Emergency Assistance Family Shelters, more than \$200 million for Residential Assistance for Families in Transition (RAFT), \$175 million for the Massachusetts Rental Voucher Program (MRVP) and \$92 million for assistance to local

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Scenes From Yesterday

A VIEW FROM THE CHURCH, HOUGHS NECK, MASS.



THIS 1907 POSTCARD view of Houghs Neck shows the old St. Francis by the Sea Catholic Church near the corner of Winthrop Street and Manet Avenue. The view is towards the north. The cottage on the right was one of the largest in the Neck and was owned by George Morton who established the Manet Street Railway that brought trolleys to service the neighborhood. He was also president of the Quincy Savings Bank. Father

Francis Frigugliette, who was known as Quincy's pastor, established the church here for summer visitors in 1893 as a mission church of Saint John's Parish in Quincy Center. He also opened Sacred Heart in North Quincy and Saint Francis of Assisi in Braintree. This church was demolished in 1919 when Most Blessed Sacrament was established as a parish.

From the Tom Galvin Postcard Collection

READERS FORUM

Says ZBA Not Held Accountable For Their Decisions

In the United States and the city of Quincy we should have a fair, due process of government. In my neighborhood of Merry-mount recently we have not been given justice from the Zoning Board Association of Quincy. There are reasons we have land and land development laws in our city to maintain our history and property. A variance is asking to change laws. I feel the Zoning Board is creating more problems than they are solving.

We pay our taxes and vote to have representatives in our city, state, and country be held accountable and

fair for everyone. However I feel the Zoning Board Association in Quincy is not held accountable for their decisions. I have attended four ZBA meetings in Quincy and have witnessed the Zoning Board pass everything and let others be responsible for the consequences. Yes, they have asked for additional paperwork or soil samples. These do not seem valid when it is then appeared to be overlooked or "confirmation of dirt and gravel" is accepted.

On July 12th, 2022 I witnessed a hostile attitude from the Zoning Board towards my neighbors and our

concerns over a recent project proposed in our neighborhood. Developing this land has already been proposed before and withdrawn because of previous zoning issues with the current property and also the new home. These regulations should not be ignored then or now. The new home proposed on the split property is not within zoning. The current home is already not within zoning for the space between abutting homes. The current home has also been observed as unoccupied for two years.

This proposal was given

the go ahead by the Zoning Board. This puts undue burden and legal cost on my neighbors and I to challenge the Zoning Board's decision. The residents in my neighborhood have spoken up and been disregarded by the landowner, his legal representative, and some of the representatives of Quincy. We have spoken with and feel support from councillors in our city sharing what our next steps are. It reminds me about the social and economic inequality in our country, state, and city.

Kacey R. Bongarzone
Quincy

Robert Burke Candidate For Congress In 8th District

"Mr. Burke, why are you doing this. You must be crazy. This is a lot of work."

Shopper Outside Supermarket

No, this not work. This probably the greatest thing I have ever done. To represent 3/4 of a million Americans is wicked cool.

My name is Rob Burke. I am a candidate for the U.S. Congress in your 8th Congressional District. I am running to retire Nancy Pelosi. This required me to obtain 2,000 registered voter signatures so my name would be placed on the ballot in November.

But first, on Tuesday, Sept. 6, 2022 I will be asking you for your vote so I may advance from my Republican Primary to November's General Election so I can start fighting for you.

It was a pleasure meeting and speaking to you at all the

2 Residents Earn RIT Degrees

Two Quincy residents recently earned degrees from Rochester Institute of Technology in Rochester, N.Y. Kevin Hurley received a BS in industrial engineer-

ing. Braedon Williams received a BS in biomedical engineering and an MS in science, technology and public policy.

shopping centers I visited. I learned a great deal about your concerns and issues. It was really important that I heard it directly from you.

As a working person in the private sector I can tell you first hand how Pelosi's failed policies have effected me directly.

Inflation, open borders, loss of parental rights and crime are key elements in the destruction of our quality of life as we have known it.

A real change from a toxic Congress is a must, right now! We need Congressional candidates like myself if elected, who are 100% against Nancy Pelosi's reckless spending which have directly led us into recession while our local Congressman had used very poor judgement in these government give-a-ways.

You're suffering, I am suffering. The only way to end the suffering is to change the leadership in the House and that starts with your vote for me on Tuesday, Sept. 6, 2022.

I want to thank you for your vote.

Rob,
Robert G. Burke
Candidate U.S. Congress
www.Burke4business.com
voteforme@burke4business.com

Quincy's Yesterdays

This Week
1990
32 Years Ago

\$250,000 In U.S. Budget For Downtown

The city's downtown revitalization effort cleared a major hurdle after it was learned a \$250,000 appropriation for the project has been included in the U.S. House of Representatives version of the FY 1997 Federal Budget.

Mayor James Sheets, who was notified by Congressman Brian Donnelly, called the news, "a major victory and breakthrough."

"That's a major victory. That chances that the appropriations would be pulled out are small," Sheets said.

If approved, Sheets said, the \$250,000 would go toward "technical assistance and planning for the historic district."

BAR HOURS ROLLBACK ON A CASE-BY-CASE BASIS

In an effort to reduce vandalism, other crime and litter, Mayor James Sheets is considering rolling back the hours of city bars on a case-by-case basis and preventing all-night convenience stores from operating in the early morning hours.

Last week, the mayor proposed forcing all bars to close at midnight instead of 1 a.m., banning all-night convenience stores and restricting the hours of fast food restaurants.

Sheets has asked City Clerk John Gillis, chairman of the License Board, for a list of bar, lounge, convenience store and fast food restaurant owners. The mayor said he would then meet with them to discuss vandalism and litter problems and possible solutions.

LaRAIA: ANOTHER COMEBACK?

The Quincy Sun Sunbeams Column reported the possibility of a political comeback for former mayor and city councillor Joseph LaRaia. The speculation, that in the 1991 city election LaRaia would seek a councillor at-large seat and if successful, would build support for a future run for mayor. (Editor's note: Joseph LaRaia would be an unsuccessful candidate for councillor at-large in 1991. However, he would be appointed to the councillor at-large seat in March 1993, replacing Pat Toland who resigned to accept the position of assistant city clerk. LaRaia would be elected in the 1993 election, only to resign in July 1995 to accept a seat on the Board of Assessors.)

QUINCYISMS

The Quincy After-School Day Care announced openings in the summer program to be held at the Lincoln-Hancock Community School... Quincy Hospital Administrator Doris Sinkevich was installed as president of the Massachusetts Organization of Nurse Executives (M.O.N.E.) for the coming year... Three Quincy students were named to the summer 1990 Dean's List at Quincy College. They were James J. Bolger, Joaquin J. Mosquera and Keith P. Segalla... Bruce Tobin received a Master of Science Degree in Public Affairs (MSPA) from UMass-Boston. He lives on Richie Road in Quincy with his wife Christine... William J. Doherty, 31 Hovey St., North Quincy, son of Mr. and Mrs. Bernard Doherty, received his law degree from Western New England University Law School... The President Pharmacy, 152 Franklin St., South Quincy, was advertising "50% Off On All Greeting Cards, Year-Round"... Tara Donovan, Miss Quincy Bay of 1990, was planning a career in nursing. Miss Donovan was entering her senior year at North Quincy High School... Judy Balzano, Republican candidate for state representative, labeled the \$3.1 billion state budget, "A devastating blow to taxpayers, businesses and the entire Massachusetts economy"... Joseph K. Leuchte of Quincy, a member of the MBTA Police Department for 16 years, was promoted to lieutenant... The Reverend Dr. W. Arthur Rice of Highland Congregational Church, West Roxbury, was scheduled to be the guest speaker at the Sunday service at the Houghs Neck Congregational Church... Francis P. Doherty, 31 Hovey St., North Quincy, son of Mr. and Mrs. Bernard Doherty, received a degree in electrical engineering from the University of Lowell... Former councillor and council president Leo Kelly, Senator Paul Harold and Past National Commander of the American Legion, John "Jake" Comer were in attendance for the 30th Annual Outing for Disabled Veterans, sponsored by Harvey's Salt Water Fishing Club... North Quincy's Erik DeBoer, the top pitcher in the Suburban League, was named to the Boston Globe's All-Scholastic Team and was also named to the Boston Herald's All-Scholastic Team. Erik plans to attend the University of Connecticut on a full scholarship.

Arts & Entertainment

MPL Virtual Programming In August

By JEAN HLADY
Milton Public Library

During the month of August, the Milton Public Library is offering some very enjoyable virtual programming for adults.

On Tuesday, Aug. 2, starting at 6:30 p.m., travel from the comfort of your home with photographer and instructor Nick De Pasquale who will be back to give a talk called: "Armchair Travel Photos: Fascinating Scenes of Rural China." In this Zoom event, Nick will tell us all about his experiences traveling to China and how he captured the photographs that documented beautiful Chinese landscapes and the rich cultural history of the local people.

De Pasquale has worked as a professional photographer for many years and has a lifelong passion for his craft. He has worked at tons of events, for magazines, for marketing departments, and for local musicians. He teaches photography classes, and conducts workshops. In order to receive the Zoom link for this talk, please sign up in advance at the MPL website.

Next, on Tuesday, Aug. 9, at 7 p.m., there will be a fun Zoom talk with fashion expert Karen Antonowicz called "Virtual Style Talk: Wartime Fashions." Have you ever wondered what changes in fashion occurred during World War I and World War II? Despite wartime shortages and restrictions, men and women managed to dress in style.

How did they accomplish this?

Join us to discover what these wartime shortages were and how they were overcome by the determined



MILTON PUBLIC LIBRARY'S virtual programming in August includes a fun Zoom talk with fashion expert Karen Antonowicz. She will present "Virtual Style Talk: Wartime Fashions" on Tuesday, Aug. 9, at 7 p.m.

people of this era. We will explore the clothing and accessories worn during both of these war periods, focusing on some of the innovative ways in which fashion was followed. This will be a very colorful program with lots of enjoyable images to see. The speaker has

a Masters in the History of Fashion from the University of Rhode Island, and has taught this subject for 13 years. She also ran an antiques and collectibles company with her husband for 5 years before relocating in Vermont. If you love fashion, we hope to see you

there! Again, advance registration is required to receive the connection link.

And finally, on Tuesday, Aug. 16, at 7 p.m., world traveller Barry Pell will return to the MPL to give an enjoyable Zoom presentation called: "Armchair Travel: Micronesia, Melanesia &



PHOTOGRAPHER AND INSTRUCTOR Nick De Pasquale will give a talk called: "Armchair Travel Photos: Fascinating Scenes of Rural China" Tuesday, Aug. 2 at 6:30 p.m. as part of a series of virtual programs offered by the Milton Public Library. In order to receive the Zoom link for this talk, sign up in advance at the Milton Public Library website.

Photos Courtesy Milton Public Library

Polynesia - Unraveling the Mysteries of the South Pacific."

The South Pacific has been celebrated in literature, art, and music. Yet, the island countries that dot the Pacific Ocean are mysterious unknowns to most Americans. Pell has travelled throughout both the south and north Pacific countries and territories.

In this program, he will explain the distinctions between the regions of Micronesia, Melanesia and Polynesia in terms of their geography, history, culture and people. The talk will be accompanied by his beautiful photography of the islands. Please join us for a

fascinating virtual program!

To register for any of these programs, go to: www.miltonlibrary.org and click on "events" from the main page, then choose the appropriate date to enter your name and Email address. Once signed up, you will receive the Zoom link on the day of the event so that you may participate.

For questions, Email jhlady@gmail.com or call the Reference Dept. at (617) 898-4964. These talks are all kindly sponsored by the Friends of the Milton Public Library and are free and open to all.

The Milton Public Library is located at 476 Canton Ave., Milton.

142 Quincy Students On Spring Semester Dean's List At UMass-Amherst

One hundred and forty-two students from Quincy have been named to the Dean's List for the spring semester at the University of Massachusetts in Amherst.

They are:

Daria Agrba, Joshua M. Alberto-Anderson, Isabel

Sofia Altaf, Philip Bryden Austin, Brendan Joseph Bailey, Megan Elizabeth Beck, Melissa Cai, Kayleigh Joanne Caldwell, Billy Chen, Cynthia Jie Wei Chen, Davie Chen, Xiaolei Chen, James Chen, Jason Chen, Kelly T. Chen, Nan Chen,

Stanley Chen, Xinrui Chen, Daniel R. Chen, Kevin Ka Fei Chen, Shino Chen, Kevin Kian-Man Chiu, Matthew Teen Yow Chung, Charles Thomas Clifford, William Pirro Cook, Julia Eileen Cormican, Michael Matthew Costello, Jeffrey Thien

Diep, Yi Ding, Lachelle Do, Vetty-Sara Dort, Michael D. Duong, Ava Marie Falco, Janne Gao, Zhen Gao, Michael Shandon Golden, Amariyllis Jingting Gu, Shuling Guan, Emmy Jie-Ching Guan, Ilkim Gumus.

Daniel Winston Hagborg, Yixuan He, Emilia A. Henry, Grace Margaret Hobin, Jasmine Horburapa, Dorothy Y. Huang, Eric Jian Fei Huang, May Huang, Sandy Ting Huang, Kenny Huang, Tori Grace Ingram, Akima Thanh Khuong, Anna Lai, Priscilla H. Lau, Shawn Lee, Eric S. Lee, Jiewen Lei, Erin Leung, Vivian Li, Michelle Li, Wei Liang, Tina Lin, Xin Yi Lin, Yun Lin, ShiQin Lin, Yi Lin Raymond Liu, Youliang Liu, Mary Catherine Loney,

Tengfei Louie, Shuk Yi Lui, Collin James MacDonald, Eamonn John Mayo, Emily Elizabeth McCarthy, Meadhbh Patrick McDermott, Jiaqi Mei, Cindy Yazhen Mei, Joyce Qiao Mo, Elsie Murphy, Aidan Patrick Murphy, Edwin Dat Nguyen, Jessica Nguyen, Timothy Minh Tri Nguyen, Elton Weng Nim, Brigid Reilly Norris, Daniel Morgan O'Leary, Joseph Walter O'Neil, Mengxin Steven T. Pham, Tiffany Pham, Thomas Charles Potts, Amanda Rose Condon Powers.

Rafaela A. Rebelo-Figueroa, Xianhao Ren, Yuehui Ruan, Alyssa Marie Ryan, Rolinsky Saint-Cyr, Francesca Ann Skridulis, Bryan Tan, Jade Nhi Tang,

Shirley La Tang, Norika Tang, Lindsey Mae Toland, Adam Trac, Twuyen Tran, Kevin Tran, Eileen Kelly Trenholm, Vanessa Ting Tsang, Alan Peter Van Gorder Sr., Alita Wanasilp, Jayden Wang, Amanda M. Wong, Jaydek Wong, Jim W. Xi, Lixin Xu, Zhichao Xu, Jinying Yang, Angela Yang, Nicholas Ram Yazbek, Dongpei H. Zhang, Brian Zhang, Chenxuan Zhang, Henry H. Zhang, Zeling Zhang, Jimmy Zhao, Cristina Zhao Zhen, Shannon S. Zhen, Elva Zheng, Leijin Zheng, Menglin Zheng, Shu Qian Zheng, Zhi Le Zheng, Cindy Zheng, Nancy Zheng, Sharon Zheng, Kenny Zhou, Joyce Zhu, Tengzhi Zhuo, Gina Zou, Linda Zou and Maria Nancy Zrazaa.

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Social

Quincy Council On Aging Events, Activities During August

By MARIE FERENT
Assistant Director
Quincy Elder Services

The Quincy Council on Aging announces the following events are scheduled during August.

The COA is located at the Kennedy Center, 440 East Squantum St., North Quincy.

Weigh To Go

Tuesdays from 9:30 - 10:30 a.m.

Reaching and maintaining a healthy weight is essential for your overall health. Join the Kennedy Center for a FREE program of 1 hour sessions aimed at helping you lose and maintain your weight. Space is limited and registration is required. To register please call the Kennedy Center at 617-376-1506.

Computer Classes Grace Buscher

Wednesdays from 1:30 - 2:30 p.m.

and Thursdays from 10 - 11:00 a.m.

Individual Appointment times - 9 - 11:30 a.m.

Wednesday, Aug. 3rd - Smartphones & Tablets

Wednesday, Aug. 10th - Social Networking

Thursday, Aug. 11th - Zoom - Social Networking

Wednesday, Aug. 17th - Travel Apps

Thursday, Aug. 18th - Individual Appointments

Wednesday, Aug. 24th - No Class

Thursday, Aug. 25th - Individual Appointments

Wednesday, Aug. 31st - Laptops, Desktops, Chrome-books, and tablets.

Book Club

Thursday, Aug. 4th at 1:30 p.m.

The book for the Aug. 4th meeting is "Four Winds" by Kristen Hanna. Our September meeting will be held on Sept. 8th at 1:30 p.m. The book for September will be "The House of Gucci: A Sensational Story of Murder, Madness, Glamor, and Greed" by Sara Gay Forden.

Ice Cream Social

Friday, Aug. 5th at 1 p.m.

Join us for an ice cream social sponsored by Brookdale. Space is limited and registration is required. Please call 617-376-1506 to reserve your spot.

Acrylics Class

Tuesday, Aug. 9th at 1 p.m.

Join acrylics teacher Karen Kelley for an acrylics class. No painting experience required. Cost is \$18 and includes all supplies. Payment is due at time of registration.

Group Crossword Puzzle

Wednesday, Aug. 10th at 11 a.m.

Come join us at the Kennedy Center to take on a giant-sized Crossword Puzzle as a team! Work together to solve crossword puzzles. Space is limited. Registration is required, call 617-376-1506 to register.

Quincy's Memory Café Hosted by Standish Village at the Kennedy Center

Monday, Aug. 15th at 12 Noon

Brought to you by Julie Williamson, Director of Communications for Standish Village Assisted Living & Compass Memory Support, Quincy's Memory Café welcomes those living with memory loss or dementia and their care partners, family and friends. While Memory Café is open to anyone in the community, any guest who requires a personal care attendant must have a caregiver present. Please call 617-376-1243 to register for the café or with any questions.

Therapy Gardens

Tuesday, Aug. 16th at 10:30 a.m.

Come learn about contemporary life in China. Pictures from rural areas and cities featuring cuisine and daily life will be featured. Sample some authentic Chinese food and learn how to use chopsticks! Registration is required. Please call 617-376-1506 to register.

Scattergories

Wednesday, Aug. 17th at 11 a.m.

Come play the word game Scattergories! If you don't know how to play, it is quick to pick up and easy to learn. Have some fun exercising your brain and make some new friends. Registration is required. Please call 617-376-1506 to reserve your spot.

Downsize or Stay

Wednesday, Aug. 17th at 11 a.m.

As seniors themselves, Lynn Cohen and Annette Reynolds faced the decision to either stay in their homes or downsize. Each chose a different path. What resulted was the "Downsize or Stay" program in which the women share tested and proven resources to facilitate not only the decision-making process, but also the actual move itself if that's the decision that is made. The Downsize or Stay program is

designed to share what was learned through their research and personal and professional experiences. Please call 617-376-1506 to register.

Silent Movie Presentation

Thursday, Aug. 18th at 11 a.m.

Richard Hughes and his traveling Silent Movie Shows will be presenting a Buster Keaton romantic comedy silent film called "Sherlock Jr." with live piano accompaniment plus a demonstration of animation devices that were the forerunners of the motion picture camera. Keaton was the best at 'slap stick' humor and yet, he never cracked a smile so be sure to mark this event on your calendar to be entertained by the "Old Stone Face." Registration is required. Please call 617-376-1506 to reserve your spot.

Singo Bingo

Friday, Aug. 19th at 1 p.m.

This is not your Grandma's bingo! Singo is bingo where we replace the numbers with your favorite songs. Test your musical knowledge and luck. Have some fun and win some prizes! Sing, dance laugh, Singo is all about a good time. Light refreshments will be served. \$5PP due at time of registration.

Nails to You Manicures

Friday, Aug. 19th - 10 a.m. - 4 p.m.

Join us for a manicure event at the Kennedy Center. Manicures will be \$15 payable to Nails to You on the day of the event. Please call 617-376-1506 to schedule your appointment.

Trivia

Friday, Aug. 19th at 11 a.m.

Come play trivia and test your knowledge! Have some fun with friends and a chance to win a prize! Space is limited and registration is required. Please call 617-376-1506 to register.

Mindfulness for Healthy Aging

Monday, Aug. 22nd and

Monday, Sept. 12th at 10 a.m.

Sessions 3 and 4 Mindfulness for Healthy Aging aims to educate and empower the aging adults with practical and powerful tools that can enhance their overall health and well being. Come to this 2 session 1.5 hour long program and learn mindfulness skills that have been proven to enhance longevity, reduce stress, improve attention span, and reduce pain. Presented by Tufts Medical Center and Quincy Health Department. Space is limited and registration is required. Please call 617-376-1506 to register.

Author Kevin Symmons

Tuesday, Aug. 23rd at 10:30 a.m.

Kevin Symmons is a best selling author and former college faculty member. He served four terms as president of the respected Cape Cod Writers Center. His debut novel, "Rite of Passage," was a RomCom Reader's Crown finalist and a #1 Amazon best-seller. Kevin has gone on to publish 4 other novels. His books include: "Eye of the Storm," "Out of the Storm," "Solo," "Chrysalis" and "Rite of Passage." Kevin is a member of New York's prestigious Authors Guild and a sought after lecturer and public speaker who has appeared from Florida to Maine. He has also collaborated with an award winning Boston Screenwriter-Playwright creating a screenplay for his earlier novel, When Summer Ends. Registration is required. Please call 617-376-1506 to register.

Alzheimer's Support Group

Wednesday, Aug. 24th at 1 p.m.

The Alzheimer's Support group will now meet on the 4th Wednesday of the month at 1 p.m. For more information about the group, please call Marge Donaher at 617-376-1243.

Joey B-Bop

Friday, Aug. 26th at 1 p.m.

Joey B-Bop is a DJ and vocalist of all genres specializing in oldies but goodies, performing songs from artists including Sinatra, Dion, Bobby Darin, Louis Armstrong, Englebert Humperdinck, and Neil Diamond. Let's get those dancing shoes on and get your groove going. \$3 per person. Registration is required. Payment due at time of registration.

Rock Painting

Friday, Aug. 26th at 1:30 p.m.

Come join us in the Art room and paint a rock with your own unique design! Paint supplies provided. Registration is required. Please call 617-376-1506 to register.

Protecting Your Assets

Tuesday, Aug. 30th at 10 a.m.

Attorney Robert Romano will conduct his Estate Planning Essentials workshop at the Kennedy Center to discuss important issues that affect all seniors, including avoiding

probate and protecting your assets from a nursing home. Come and learn about the 5 legal documents that all adults should have! Space is limited. Registration is required. Call 617-376-1506 to register.

Trips

Encore

Friday, Aug. 19th and Thursday, Sept. 8th

Travel with your friends to New England's newest and most extravagant showcase, The Encore Boston Casino. You will receive a Casino Bonus of \$20 slot play on arrival. \$30 per person includes transportation and \$20 bonus slot play. Bus will leave at 9 a.m. from Pageant Field, 1 Merrymount Parkway. Bus will return to Pageant Field at approximately 4 p.m. after a fantastic trip to Encore. \$30 per person. Check made payable to Fox Tours. Payment is due in full at time of registration. Must be a Kennedy Center member to participate in trips. Registration for both trips will begin on Aug. 1st.

Penn Dutch Show Stopper

**Thursday, Sept. 8 - Saturday, Sept. 10th
3 Days and 5 Meals**

Experience beautiful countryside and unique cultures in one of America's favorite destinations - the Amish country of Lancaster, PA - including the premiere of "David" at the Sight and Sound Theater! Enjoy accommodations at the Country Inn of Lancaster which features Amish quilts, antique furnishings and a hot buffet breakfast each morning. This evening we will delight in a performance of the smash hit musical Chicago at the Dutch Apple Dinner Theater.

On day 2 we depart with our step on guide for a unique tour of the Amish farmlands. We continue our tour at the Amish Experience for a unique Chalk Talk where famed local artist Elva brings to life Amish history with her drawings and a spellbinding performance. Then get ready for Sight and Sound's new epic musical - "David."

Afterwards continue your Amish experience with a delightful Farm to Table dinner at Yoders restaurant with over a hundred items on their lavish buffet. We then head to Kreider Farms for a narrated visit by coach through the cow palace workings of a true Lancaster Dairy Farm. Highlights include cow milking carousel and a drive through the maternity barn. Afterwards, enjoy a delicious lunch at the nearby Cat's Meow restaurant before we head for home.

Price \$716 (per person double); Single \$864, Triple \$675. Checks made payable to Landmark Tours. Full payment is due at time of registration. Must be a Kennedy Center member.

Castle in the Clouds

Monday, Sept. 12th

Depart from Pageant Field at 8:30 a.m. Make your way north for a delightful day amidst the scenic splendor of New Hampshire. A delicious full lunch at Hart's Turkey Farm, renowned for their delicious turkey dinners as well as fresh, wholesome cuisine, is included. After lunch, enjoy the beauty of the Lakes Region, touring the estate of the eccentric millionaire Thomas Plant's Castle in the Clouds. This magnificent 5,200 acre estate commands a panoramic view of Lake Winnepesaukee and the surrounding mountains, meadow, and streams. A visit to the famous Moultonborough Country Store is also included. You will return to Pageant field around 5:30 p.m. after a wonderful day in the Granite State.

Price is \$109 per person. Checks only made payable to Fox Tours. Must be a Kennedy Center member. Payment is due at time of registration. Meal choices are Roast turkey, Sirloin of Beef, or Baked Haddock.

Cathedral of The Pines

Tuesday, Sept. 27th

Depart from Pageant Field at 8 a.m. for a trip to Rindge, N.H., and the Cathedral of the Pines, a remarkable natural sanctuary that memorializes those who have made the greatest sacrifice. You will then travel to Troy, N.H., close by scenic Mount Monadnock, for a scrumptious luncheon at the delightful Inn at East Hill Farm. After your delicious meal, you'll enjoy a sightseeing tour around the local area. You'll visit a local farm stand where a variety of fresh produce products are available. Then you're off to Smith's Country Cheese Shop in Winchendon, MA where you'll sample some of New England's award winning cheese products. You'll return to Pageant field around 5:30 p.m.

\$89 per person. Checks only made payable to Fox Tours. Must be a Kennedy Center member. Payment is due at time of registration. Meal includes homemade soup and fresh baked bread, family style ham with raisin sauce, roast turkey with stuffing, vegetables, mashed potatoes, and a delicious dessert.

WHAT'S COOKING

with

Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Jim's Veal Stew

By MARIE

One of the hobbies of my son, Jim, a busy doctor who lives in Long Island, N.Y., is cooking. Every once in a while, he will send me one of his delicious recipes which he thinks that all of my readers would enjoy.

Today's recipe from Jim is a delicious Veal Stew.

Directions and Ingredients

1 ½ pounds of veal, cut into bitesize pieces

Enough flour to dredge the veal

3 stalks of celery diced

1 small onion, sliced

½ pound mushrooms; whole or cut in half

3 cloves of garlic, chopped

Salt and pepper to taste

½ can tomato paste

2 cups of chicken stock
1 cup white wine
1 Bay leaf
1 tablespoon of capers
8 small potatoes, cut up
½ pound green beans
3 tablespoons of olive oil

In hot oil, add celery, onion, mushrooms and garlic.

Dredge the veal in the flour and add to the pan mixture.

Add the two cups of chicken stock, tomato paste, wine, and capers and allow to simmer for at least one half hour.

Then add potatoes, green beans and salt and pepper.

Cover and simmer another half hour.

Enjoy!

May be served with a delicious artesian bread!

Healthy Summer Pineapple Whip

By SUZIE

Here is a wonderful recipe by Danielle Walker who healed her autoimmune disease by changing her diet. This recipe for pineapple whip uses coconut cream and frozen banana instead of inflammatory dairy ingredients.

Directions and Ingredients

1 medium frozen banana, sliced

3 cups frozen pineapple, about 1.5 pounds

1/2 cup coconut cream (this is sold in

cans, not the kind of coconut "creamers" that are available)

1/4 cup pineapple juice

2 to 3 teaspoons fresh lemon juice

¼ tsp vanilla extract

Mix all together in food processor (start with half the pineapple then slowly add more) until all pineapple is pulverized.

This is best eaten right away, although it can be frozen and thawed out a few minutes on the counter before eaten.

Enjoy!

Roxbury Community College, Quincy College Agreement Creates New Transfer Opportunities

Graduates of Roxbury Community College are now eligible to enroll as third-year students in the new Quincy College Bachelor's degree program in business management. RCC graduates with a 3.0 or higher are eligible for a \$2,000 scholarship.

The agreement establishes course equivalency standards that will ease the ability for Roxbury Community College graduates to transfer into the Quincy College program while reducing the potential loss of course credits in the transfer process. This articulation agreement was reached after detailed analysis of program requirements and extensive collaboration among the

faculty, staff, and administration of both Colleges.

"At Roxbury Community College we empower our students to pursue their academic and career goals," said Jackie Jenkins-Scott, Interim President of Roxbury Community College. "We are committed to working with partners like Quincy College to ensure our students can seamlessly apply the knowledge and credits they receive at Roxbury Community College towards further academic degrees."

Last fall, Quincy College became the first two-year college in Massachusetts to earn state and accrediting-agency approvals required to offer a Bachelor's degree curriculum and began enrollment in the Business Management program by offering third-year courses for the semester that began last January.

"We're delighted to have this agreement in place so that graduates of Roxbury Community College can experience a smooth transition into our business Baccalaureate program," said Dr.



ROXBURY COMMUNITY COLLEGE interim President Jackie Jenkins-Scott and Quincy College President Dr. Richard DeCristofaro celebrate the agreement enabling RCC graduates to easily transfer into Quincy College's new four-year Business Management program. Courtesy Photo

Richard DeCristofaro, President of Quincy College. "Nothing is more important than strengthening our commitment to the ideals of access and affordability and, to that end, we anticipate executing articulation

agreements with additional two-year institutions so that even more students can take advantage of our affordable, accessible pathway to a four-year business management degree."

Movie Review:
'Where The Crawdads Sing'

By BOB GARVER

"Where the Crawdads Sing" is being pushed as one of those literary adaptations that kicks off a whole litany of adaptations. We had magic and fantasy with "Harry Potter," supernatural romances with "Twilight," dystopian ordeals with "The Hunger Games," and that weird trend of relationships complicated by increasingly rare diseases with "The Fault in Our Stars."

I think this one is supposed to kick off a trend of adaptations of books about recluses. Or maybe about the South. Or murders and trials. Judging by this movie's unimpressive critical reception and third-place box office finish in its opening weekend, I highly doubt that it's going to be the start of any such movement.

The movie opens with the discovery of a dead body in rural North Carolina — that of local (figurative) lady-killer Chase (Harris Dickinson). The police are baffled as to how he wound up dead, but suspect foul play, specifically by ex-girlfriend Kya (Daisy Edgar-Jones). They come to Kya's marshland shack to question her, and she flees, making her look even more suspicious. Kya is arrested and defended in court by angelic lawyer Tom Milton (David Strathairn, his Atticus-Finch-O-Meter

turned up to 10). Milton makes mincemeat out of the incompetent prosecution's case, but there's still the matter of getting the jury on Kya's side. Kya is something of a pariah in the community for her poverty and reclusiveness, and the jury is bound to be prejudiced against her. Frankly I found it a stretch that the pretty white woman was in too much danger from prejudice, but the movie insists that the town is ready to execute her because she lives off the beaten path.

We follow Kya's tragic life story through extensive flashbacks. Her abusive, alcoholic father (Garrett Dillahunt) drove away the rest of her family until one day he too disappeared. She had to learn to fend for herself from an early age, as she wasn't welcome at the local school and didn't want to live in a group home. But there were a few well-wishers like Milton, the couple that ran the general store (Sterling Mercer Jr. and Michael Hyatt), and the studious Tate (Taylor John Smith). Kya and Tate enter into a relationship, but he breaks her heart. As a rebound, she begins seeing eventual corpse Chase, who starts off pushy and mildly unlikeable and eventually becomes dangerous and deserving of his fate. These scenes are intercut with the trial, where it's a wonder the jury doesn't sympathize

with Kya from day one.

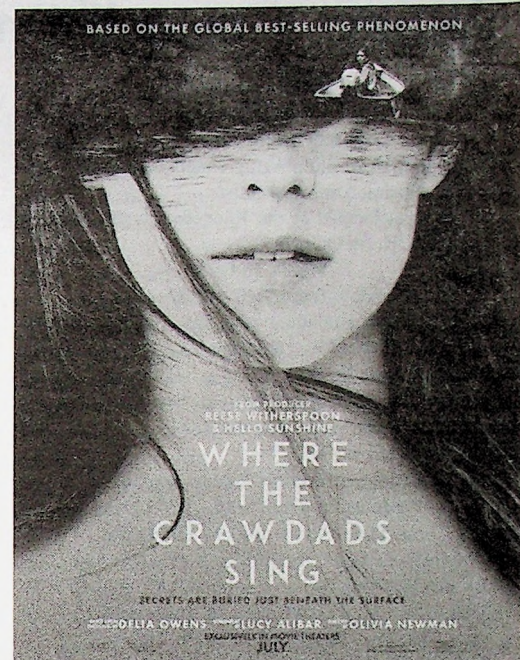
At the center of the film is Daisy Edgar-Jones' star-making performance, and it's a good one. I can't say the movie does a great job of making her look like someone that has been beaten down by elements her whole life (similar to how I thought Ansel Elgort was too good-looking for his role in "West Side Story"), but everything she contributes to the performance, she nails. This movie isn't quite good enough to shoot her to the top of Hollywood right away, but it'll be enough to get her more leading roles that will get her to the top.

Despite the strengths of Edgar-Jones, "Where the Crawdads Sing" is otherwise a mess. The balance of flashbacks and trial scenes is all out of whack, it's hard to tell how much time is passing between flashbacks, and the whole thing is just too sappy for its own good, save for some horrific scenes of abuse. I'm not particularly happy that I had to see this movie, and I'm certainly not eager to see more like it. Going by its box office performance, neither is anyone else.

Grade: C-

"Where the Crawdads Sing" is rated PG-13 for sexual content and violence including a sexual assault. Its running time is 125 minutes.

Contact Bob Garver at rrg251@nyu.edu.

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Social Security Matters

Ask Rusty: I'm 78 And Still Working; Should I Apply for Social Security?

By RUSSELL GLOOR

National Social Security Advisor
at the AMAC Foundation, The Non-Profit Arm
of the Association of Mature American Citizens

Dear Rusty: I am 78, still working, have a good health-care plan and I make a nice salary. Can I still get my Social Security check since I paid into it all these years? **Signed: Still Working in My 70s**

Dear Still Working: You not only can get your Social Security check now, I recommend you apply for it as soon as possible. Regardless of your current earnings, you'll not suffer any penalty because you are still working. That's because you stopped being subject to Social Security's "earnings test" when you reached your full retirement age (FRA) of 66 some years ago. Indeed, your Social Security benefit continued to grow until you reached 70 years of age, at which point it reached your maximum benefit, which is 32% more than your benefit would have been at age 66.

Since your benefit reached maximum some years ago at age 70, and since working now won't hurt your payment amount, you should claim your benefits immediately. You should also ask for six months of retroactive benefits. Although your benefit stopped growing at age 70 and you're now 78, Social Security will only pay up to six months of retroactive benefits, thus you have lost some of your benefits by waiting until age 78 to claim.

You can apply for your benefits either by calling SS at your local office or the national Social Security service center at 1.800.772.1213 to make an appointment to apply, or you can apply online at www.ssa.gov/retire. Applying online is by far the most efficient method, but you'll need to first create your personal "my Social Security" online account to do so (simply go to www.ssa.gov/myaccount and follow the instructions).

Since you're still working, and assuming you have "creditable" healthcare coverage from your employer, you can delay enrolling in Medicare until you stop working ("creditable" coverage is a group plan with at least 20 participants). If you haven't yet enrolled in Medicare and you've had creditable healthcare coverage since you were 65, you will not incur a late enrollment penalty for enrolling in Medicare now, but you can also continue to defer enrolling in Medicare without penalty if your employer coverage is "creditable."

I strongly encourage you to apply for your Social Security benefits as soon as possible, because you will continue to lose money by delaying further. You will still get credit for your current earnings even after you start your Social Security benefits and, if appropriate because of your recent earnings, your benefit amount will be automatically increased, so there is no reason to delay claiming Social Security any longer. You earned your Social Security benefits, you aren't subject to a penalty because you're still working, and you'll continue to get credit for your current earnings while still working, so you should apply for your Social Security benefits as soon as possible.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadviser@amacfoundation.org.

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Senate Passes Legislation Expanding Protections For Reproductive And Gender-Affirming Care

Sen. John Keenan Advocated For Including Miscarriage Services Under Abortion-Related Care

The Massachusetts State Senate has voted unanimously to pass a bill protecting providers, residents, and visitors to the Commonwealth who engage in legally-protected reproductive and gender-affirming healthcare from legal action by people from other states, and to ensure that existing access to these services are affordable.

During debate, state Sen. John F. Keenan urged his colleagues to also include full insurance coverage without cost-sharing for services relative to miscarriages.

Filed by Sen. Cindy F. Friedman, S.2996, An Act expanding protections for reproductive and gender-affirming care, includes provisions preventing the Commonwealth's cooperation with anti-abortion and anti-gender-affirming care laws in other states that law enforcement or private citizens in those states may seek to enforce against Massachusetts' medical providers. The bill passed by the Senate also mandates that health insurance coverage for prenatal care, childbirth, postpartum care, abortion or abortion-related care not include cost-sharing; ensures access to emergency contraception; and provides confidentiality to providers of reproductive and gender-affirming care.

Sen. Keenan filed an amendment to ensure that any medical services related to miscarriages are also covered at no cost to the consumer and worked successfully with colleagues to include these provisions in the final version of the bill.

"The Commonwealth has a strong public-policy interest in not burdening those who have to deal with the physical and psychological traumas of a miscarriage with economic costs as well," said Sen. Keenan.

Under S.2996, physicians, nurses, physician assistants, pharmacists, psychologists, genetic counselors and social workers are insulated from legal action in Massachusetts courts as a result of providing health care services that are already legal in Massachusetts. This language specifically protects reproductive and gender-affirming health care, which have been the targets of laws passed in states like Texas and Oklahoma that seek to limit this critical care beyond their states' borders.

"We must do everything to protect the rights of our

providers, patients, and visitors to the Commonwealth," said Sen. Friedman. "As we further realize the impact of the U.S. Supreme Court's decision in *Dobbs v. Jackson* in our Commonwealth, we will continue to fight these attacks on reproductive and gender-affirming care with meaningful action."

Additionally, the legislation prevents the governor from extraditing someone to another state to face charges for an abortion or other protected services, except when required by federal law or unless the acts forming the basis of the investigation would also constitute an offense if occurring entirely in Massachusetts. State law enforcement agencies would also be prohibited from assisting any investigation by federal authorities, another state, or private citizens related to legally protected reproductive and gender-affirming health care provided in the Commonwealth. Courts would similarly be barred from ordering anyone in Massachusetts to testify or produce documents for lawsuits involving those practices, and judges could not issue any summons in a case concerning those health care services unless the offense in question would also violate Massachusetts law.

"Quite simply, this leg-

islation protects what is already legal here in Massachusetts," said Sen. Keenan.

An amendment was adopted during debate that requires public higher education institutions to work with the Department of Public Health (DPH) to create a medication abortion readiness plan that must provide medication abortion at a health center on campus or provide a referral to a nearby healthcare facility offering abortion health care. The amendment also creates a trust fund for public higher education institutions to support the implementation of their medication abortion readiness plans.

In response to stories about women not receiving access to abortion care in Massachusetts currently allowed under the existing state law, an amendment was adopted to clarify the circumstances that treating physicians must consider when determining whether to provide later-in-pregnancy abortion care. The amendment makes clear that such determinations are to be made by the treating physician and patient. To ensure hospitals comply with

the law, the amendment also requires healthcare facilities providing these services to file their procedures and processes for providing services consistent with the law with DPH.

Additional amendments identify areas of the state with limited access to reproductive health services to increase care to those areas and allow pharmacists to prescribe and dispense hormonal contraceptive patches and self-administered oral hormonal contraceptives.

The bill allows individuals engaged in the provision, facilitation, or promotion of reproductive and gender-affirming health care to enroll in the Secretary of the Commonwealth's Address Confidentiality Program. This will increase the safety of those who may face threats or violence outside of the workplace in their personal lives or at their residences.

With a version of An Act expanding protections for reproductive and gender-affirming care having passed both branches of the Legislature, members of the Senate and House will now work together to draft a reconciled version of the bills passed by each chamber, which will then go to the Governor's desk for final approval.

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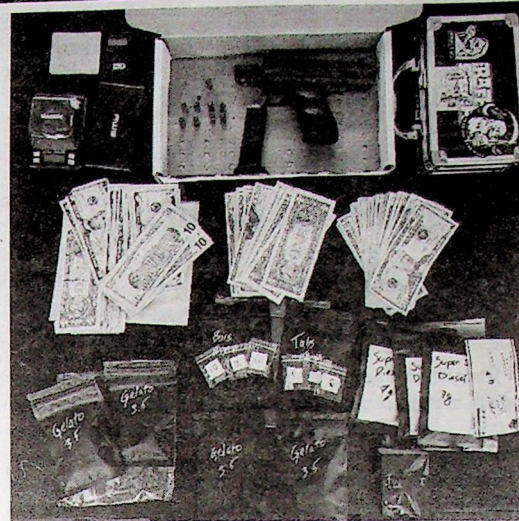
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Quincy Police Department

In a side pouch of that small backpack detectives located a small glassine zip-loc bag labeled "10", which contained four (4) rectangular pills which were identical to the pill seized from the pedestrian. In another side pouch was a pack of "Live" THC cartridges, containing 8 cartridges, which were identical to the one seized from the pedestrian. The smaller backpack also contained 6 black zip-loc bags containing marijuana. Also in that backpack a black zip-loc



Cont'd On Page 11

Readers and the public are also welcome to view the Press Journal that is published (on Tuesday) of every week on the Quincy Police website: https://www.quincyma.gov/departments/police/resources/press_journal.php#outer-88

MA Legislature Passes \$52.7 Billion FY23 Budget

Cont'd From Page 4

housing authorities. The budget also upholds the emergency-level maximum amount of rental assistance that a household can receive at \$10,000 and requires the Department of Housing and Community Development (DHCD) to study and report on the execution of no-fault evictions between 2019 and

2022.

The budget funds the Department of Developmental Services at \$2.44 billion, aimed to support individuals with developmental disabilities and their families. It includes \$278.5 million for Community Day and Work Programs, \$90.6 million for respite services, \$42.3 million in autism supports

and services, \$33.9 million in transportation services, \$13.9 million for the autism division, and \$1.8 million for supportive technology for individuals.

To meet the needs of the Commonwealth's post-pandemic recovery, the FY23 budget invests more than \$100 million to bolster job training programs, help connect unemployed and under-employed people with higher paying jobs and support career services that help students gain skills to apply for future jobs. The budget includes \$20 million for Career Technical Institutes to increase the skilled worker population's access to career technical training opportunities, a \$17 million transfer to the Workforce Competitiveness Trust fund, and \$15 million for one-stop career centers to support

economic recovery. The budget also includes a \$1 million investment in Learn to Earn and \$1 million for the 1199 SEIU Training and Upgrading Fund.

Other investments in economic and workforce development include:

- \$60 million for Adult Basic Education
- \$20 million for the Community Empowerment and Reinvestment Grant Program
- \$20 million for a loan forgiveness program within the Department of Mental Health to support their workforce
- \$15 million to support teachers of color, including \$7.5 million for Tomorrow's Teachers program to provide scholarships to people committed to teaching in public schools and \$7.5 mil-

lion for loan repayment for teachers of color

- \$10 million for loan repayment and bonuses for the homeless shelter workforce that continue to provide critical services to the most vulnerable

- \$4.8 million for the Innovation Pathways program to continue to connect students to trainings and post-secondary opportunities in the industry sector with a focus on STEM fields
- \$2.5 million for the Massachusetts Cybersecurity Innovation Fund, including \$1.5 million to continue partnerships with community colleges and state universities to provide cybersecurity workforce training to students and cybersecurity services to municipalities, non-profits, and small businesses

The budget also continues the Legislature's focus on environmental and climate protection by investing \$375.2 million for environmental services, which include funding increases for state parks, environmental protection, and fisheries and wildlife. Additional measures include promoting electric vehicles and funding for environmental justice and climate adaptation and preparedness.

The FY23 budget also establishes a veteran equality review board to ensure that veterans dishonorably discharged under 'Don't Ask Don't Tell' receive state-based veterans' benefits.

Having been passed by the House and Senate, the legislation now goes to Gov. Charlie Baker for his signature.

A Job Well Done

Cont'd From Page 10

Honda, and placed her into handcuffs. Another backpack, with the suspect's name written on it in silver marker, was located in the Honda. This backpack contained packaging materials.

During an inventory of the Honda detectives located a black lock box, which they located keys for and opened. Inside the box detectives located a heat sealing machine, and bag of Boric Acid, two containers of Inositol (a common cutting agent for cocaine), four (4) glass jars, one of which contained a white powder residue, two rolls of freezer bags and other packaging material, and a spoon covered in white powder residue. Also in that box was a "TestKitPlus" Cocaine purity test kit. In another separate black Honeywell safe located in the trunk of the Honda, detectives located a key and opened the safe to conduct an inventory. The key was located on the key chain with the car key to the Honda's ignition. Inside the Honeywell safe, detectives located 3 digital scales (one of which had white powder residue on it), numerous packaging materials, and "cuff sheets". Also in the Honeywell box were 4 rounds of 9 mm ammunition and 1 round of .40 caliber ammunition. A black and silver lockbox with a combination lock was also located in the larger black backpack with the suspect's written on it in silver marker. This box was seized but was not opened as it could not be opened without damaging the box. A search warrant will be sought to examine the contents of this box. Detectives located two black zip-loc bags of marijuana in the driver's door map pocket and a bag containing black latex gloves in the center console.

The 20-year-old from Weymouth as transported to Quincy Police Station where he was booked in the usual manner. He was charged with Distribution of Class E (Alprazolam), Conspiracy to Violate the Drug Laws, Possession with Intent to Distribute Class E (Alprazolam), Possession with Intent to Distribute Class B (LSD), Possession with Intent to Distribute Class D (Marijuana), Possession of Firearm without FID, Carrying Loaded Firearm, and Possession of Ammunition.

The 28-year-old passenger, from the same address in Weymouth, was transported to the Quincy Police Station where she was booked in the usual manner. She was charged with Distribution of Class E (Alprazolam), Conspiracy to Violate the Drug Laws, Possession with Intent Class E (Alprazolam), Possession with Intent Class B (LSD), Possession with Intent Class D (Marijuana), Possession of Firearm without FID, and Possession of Ammunition.

All drugs were packaged as evidence and will be sent to the MA State Police Crime Lab for further analysis. Two iPhones and just over \$1,000 US currency were seized from the suspects as the money is believed to be proceeds from past drug sales and the cell phones were used to facilitate those transactions. Great work!

By SCOTT JACKSON

Four juveniles have been arraigned in connection with the February killing of Nathan Paul in Quincy, the Norfolk District Attorney's Office announced.

The four defendants were arrested the morning of July 19, according to the DA's office. The defendants face charges connected to the alleged larceny from Paul and the use of counterfeit US currency in that larceny; one defendant also faces a charge of accessory after the fact of murder for alleged behavior following the shooting.

The four juvenile defendants were arraigned later during the day of July 19 in Quincy District Court. Juvenile court proceedings are closed to the public under state law and the names of those charged cannot be disclosed.

Paul, a 17-year-old senior at Weymouth High School, was killed in the Germantown neighborhood of Quincy on Feb. 15. Authorities have said Paul al-

legedly sold a group of teenagers flavored THC bars but then discovered he had been given counterfeit money. Paul was shot and killed after giving chase to the teens.

Two 18-year-olds were previously charged with murder in connection with the shooting. A grand jury in May issued murder indictments against Jaivon Harris, who was arrested in late February, and Keniel Diaz-Romero.

Harris and Diaz-Romero were both also indicted on charges of larceny from

a person; possession of a counterfeit bill; uttering a counterfeit bill; and conspiracy to commit larceny. Harris was additionally indicted for misleading police and Diaz-Romero was also indicted for unlawfully carrying a firearm.

Harris was arraigned at Quincy District Court on March 1 following his arrest and pleaded not guilty at that time. He has been held without bail since then.

In a statement on July 19, Norfolk District Attorney Michael Morrissey said

Diaz-Romero remained at-large.

"This investigation remains active and ongoing, with Massachusetts State Police detectives assigned to the District Attorney's Office working closely with Quincy Police and law enforcement partners both regionally and nationally as Keniel Diaz-Romero remains under indictment and at-large," he said.

"We thank the Quincy Police Department for their ongoing partnership in this," he added.

Four Juveniles Arraigned In Connection With Murder Of Weymouth Teen In Germantown



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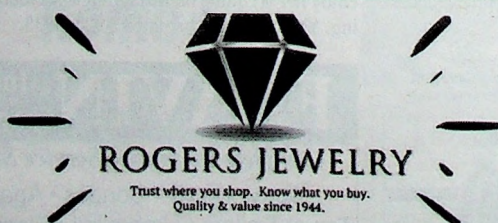
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Real Estate

Quincy Real Estate Transactions July 18 - July 22

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Manning Family Trust of 2016
John R. & Daniel J. Prescott
Aimee J. Mailhot
Tarek Trigo & Elaine Trigo
Rabb Family Limited Partnership 1
Thomas Laur
David F. & Tamara M. Schofield
Benjamin L. Miller
Zhiqin He
Daniel C. & Caitlin A. Bristow
Paul J. & Mary E. Uvanitte
Daniel & Ashley McSweeney
Melanie J. Foley
Nghia T. Tran

BUYER

Dan P. Zhang
Jean L. Dushime & Shruthi Krishnamurthy
Matthew T. Ogradnik & Sarah L. Westbrook
Ziad & Demet Ganim
George Morris
Meng C. Lin & Kwan Chan
Johny Kwan & Riana Subroto
Ariola Molla
Simon Szeto & Stephanie Y. Chen
Yuelian Zhang
Bay Flow LLC
Loc Duong & Tuyet Kieu
Wenhui Feng
Kenneth Kulmatycki

AMOUNT

\$935,000.00
\$530,000.00
\$780,000.00
\$1,000,000.00
\$752,000.00
\$985,000.00
\$520,000.00
\$638,000.00
\$615,000.00
\$899,900.00
\$635,000.00
\$615,000.00
\$575,000.00
\$630,000.00

ADDRESS

54 Phillips Street
8 Warren Terrace
61 Arnold Road
57 Parke Avenue
2001 Marina Drive Unit 210W
166-168 Highland Avenue
67 Littlefield Street
103 Assabet Road
18 Cliveden Street Unit 201W
48 Sea Avenue
18-20 Freeman Street
36 Hanna Street
15 Phipps Street Unit 2
23 Parker Street Unit 23

O'Donnell: RE Activity Down, Average Price Up In FY 2022

Norfolk County Register of Deeds William P. O'Donnell reports that the numbers relative to Norfolk County real estate activity for fiscal year 2022, from July 1, 2021 through June 30, 2022, show a decrease in activity compared to the 2021 numbers but reflect a continued increase in the average sale price of Norfolk County properties.

"The 2021 Norfolk County real estate market was down from 2021 in a number of respects," O'Donnell said. "For the fiscal year ending June 30,

there were 162,148 documents recorded at the Norfolk County Registry of Deeds, a 22 percent decrease from fiscal year 2021. The number of deeds which evidence real estate sales and transfers, both commercial and residential, decreased by 7 percent in fiscal 2022. However, the average sale price was \$1,212,925, a substantial 26 percent increase compared to 2021.

"Total dollar volume of commercial and residential sales also showed solid gains, increasing 18 percent to well over \$14 billion,"

O'Donnell noted. "The lack of inventory and the need for new construction continues to push up prices. There are more buyers and not enough inventory. Market conditions and rising interest rates are impacting real estate activity."

Overall lending activity decreased in FY 2022. A total of 33,861 mortgages were recorded during the year, a 36 percent decrease compared to FY 2021.

"There's no question that interest rate increases and the fact that many consumers have already refinanced

are impacting these numbers," O'Donnell said. "The increase in mortgage interest rates have made consumers less inclined to borrow money."

One concerning metric for 2022 in Norfolk County relates to foreclosures. The Norfolk County Registry of Deeds has been closely tracking foreclosure activity. There were 66 foreclosure deeds recorded in Norfolk County in the last fiscal year, an increase of 65 percent from the same period a year ago when there were 40 foreclosure deeds recorded.

Of even greater concern is the fact that there were 199 Notices to Foreclosure Mortgages, the first step in the foreclosure process, recorded in Norfolk County in FY 2022, up substantially from 92 Notices recorded in FY 2021.

"We are reminded that some of our neighbors continue to face financial challenges," said O'Donnell. "We will continue to monitor these numbers."

For the past several years, the Norfolk County Registry of Deeds has partnered with Quincy Com-

munity Action Programs, 617-479-8181 x376, and NeighborWorks Housing Solutions, 508-587-0950 to help anyone facing challenges paying their mortgage. Another option for homeowners is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400.

"If you are having difficulty paying your monthly mortgage," O'Donnell said, "please consider contacting one of these non-profit agencies for help and guidance."

Cont'd On Page 13

Ask Barbara Graceffa: Overcoming Indecision In Interior Decorating

I am paralyzed with indecision: paint colors, furniture fabrics, accessories – everything! Then, after months of waffling and the anxiety it brings, I often second guess my choice. Help! Mona

Decision-making causes stress for many people. To reach the best results, remember my rhyming method: conceptualize, analyze, finalize, realize and personalize.

Conceptualize: In this step, think of the big picture, identify any problems to solve, involve family members if necessary, and make a wish list and inspiration board. For example, I am currently designing a craft room with a client who wants better storage for her supplies. We are brainstorming ideas such as installed kitchen cabinets, closet systems, or purchasing ready-made items designed for home

office or crafting needs. In this stage, be open to many possibilities but stay focused.

Analyze: Now, do your research. Measure your space and prioritize your wish list before gathering and comparing prices and designing layouts. For the draft room project, we met with a kitchen designer, looked online at closet models, and visited the Container Store. We discovered that these ready-made products with multiple drawers in a wheeled cabinet can be more expansive than kitchen cabinets and we want to take advantage of wall space for extra storage. We also learned that there are considerably fewer drawer sizes available from the closet companies.

Finalize, Realize and Personalize: In the first stage you defined the problem; now it's time to create the solution. In many cases, this is a gut decision – you know what you like, what you don't like, what mood you want to invoke in the room, etc. Combined with the knowledge gained in the previous stage, set your wish list into motion by ordering those kitchen cabinets and adding the appropriate acces-

sories to corral craft supplies and add personality to your space. Design for comfort, flow, and balance. Don't let decision fatigue settle in and don't second guess yourself; pull the trigger.

If you cannot do this on your own, interior decorators have considerable experience pointing to the best sources, streamlining options, and addressing budget and timeline concerns.

In closing, when a client is struggling with choices, I share this quote from LA designer Milton Glaser: "There are three responses to a piece of design – yes, no, and WOW! Wow is the one to aim for."

Barbara Graceffa owns and operates Secretary of the Interior in Quincy, offering creative solutions at reasonable rates. Learn more about her decorating, downsizing, decluttering and home décor sewing services, decorating workshops, and quilt programs and shows at www.sec-interior.com, read her blog at secretaryinteriordecorating.blog and enjoy her art quilts on Instagram @secretaryinteriordecorating. You can reach her at 617-921-6033.



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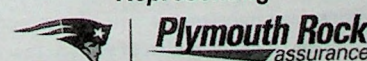
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Good Health Natural Foods Store Closing Aug. 31

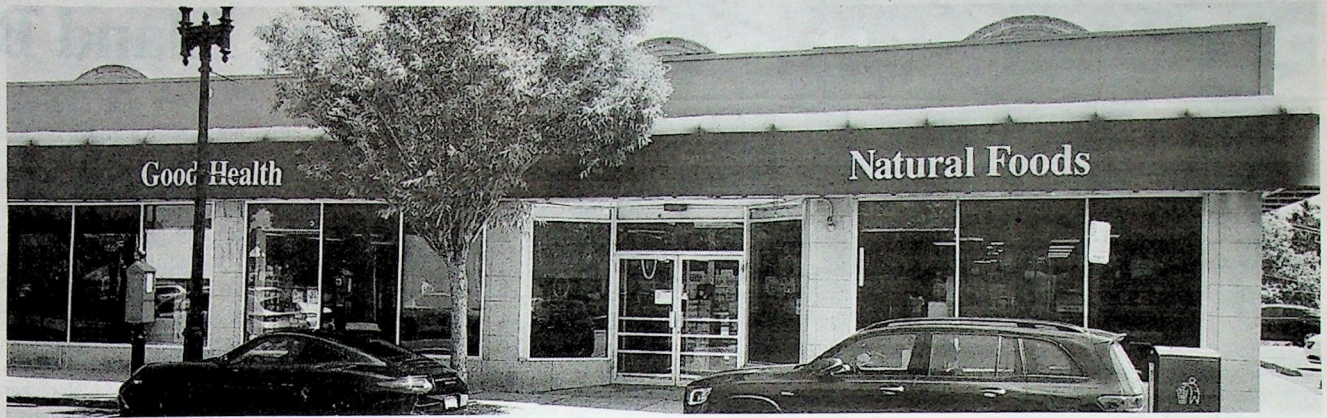
By SCOTT JACKSON

One of the longest-tenured businesses in Quincy Square, Good Health Natural Foods, is set to close at the end of the next month.

"It is very sad," store owner Dianne Maturo said recently in a phone interview.

Good Health offers a variety of organic fruits and vegetables, as well as all-natural health and beauty products and vitamins and other supplements. Dianne and her husband Ralph first opened the store in Quincy Square in 1978 and moved to the shop's current location at 1630 Hancock St. in 2013. The building had previously been home to Blockbuster and before that Colman's Sporting Goods.

In the interview, Dianne Maturo said Good Health would be closing on Aug. 31 because the store's landlord is selling the building. (The city has moved to take the building next door at 1620



GOOD HEALTH NATURAL Foods at 1630 Hancock St. will close Aug. 31. The store has been open in Quincy Square since 1978 and at its current location since 2013. "We're going to miss everybody," said store owner Dianne Maturo. Quincy Sun Photo/Robert Bosworth

Hancock St., a burned-out pizzeria, by eminent domain in the hopes of flipping it to a developer.)

In addition, Maturo cited the high cost of rent and the rise of online retail sales, which, she said, "has just become a way of life."

Maturo said she is unlikely to open a new store in Quincy or a surrounding community. Her husband passed away in 2017 and she

said it would be "much more difficult to do this alone." Maturo also said it would be difficult to compete with online retailers — whose popularity took off during the pandemic and "continues, continues to thrive," she noted — and chain stores who can buy their products in large quantities.

Maturo thanked her customers for their support over the past 44 years.

"I want to thank the community for all the support over all these years. We're going to miss everybody," she said.

Good Health currently has a second store on Columbia Road in Hanover, which will remain open.

"We do have the other store and we will be open," Maturo said.

Some of the store's Quincy customers have said they will make the trip to Hanover, she added, and shipping is available for those who cannot make the trip.

Good Health employs about 50 people between its two locations, including approximately 35 in Quincy. Maturo said the Hanover store could not accommo-

date all the Quincy workers, who, she stated, have already begun to make plans for their future, like going back to school.

"Everybody is just thinking about the next chapter in their lives and what they'll do," she said. "I'm just happy they are coming up with those plans."

1515 Hancock St. Sold For \$18M

City Realty Group announces the acquisition of a 132,000-square-foot, Class A office building located at 1515 Hancock St. in Quincy, for \$18 million. Anchored by long term tenants such as Intellicare, Social Security Administration, and South Coast Career Development Administration, the building has been a fixture of Quincy's bustling commercial district for decades.

This 4-story atrium building features street frontage on 3 sides; providing views, ample natural light throughout and outdoor patio space to select offices. The building is undergoing a rebranding and revitalization of the lobby area to provide more common areas and seating for tenants.

"We believe Quincy

Center provides companies the best of all worlds for their employees," said Steve Whalen, managing partner at City Realty. "It gives them the highway access and flexibility of a suburban office park along with the transit access and surrounding amenities of an urban office."

In a press release, City Realty Group said 1515 Hancock is "surrounded by retail and fitness amenities as well as short walks to neighborhood restaurant staples such as Alba and The Fours. (The building) provides access to all the best of the urban work experience. And located across from the newly completed Generals Bridge, the building is poised to enjoy the benefits of Quincy Center's

upcoming development, with hundreds of thousands of square feet of life science, residential, hotel and retail being built just steps away."

"Quincy Center is one of the fastest developing neighborhoods in Massachusetts," said Fred Starikov, managing partner of City Realty Group. "The City of Quincy's welcoming environment to such impactful growth has already paid dividends in the quality of life for their neighborhoods and we're excited to be part of its continued success."

The acquisition of 1515 Hancock St. was brokered by HUNNEMAN Real Estate of Boston. Leasing is being managed by Cushman & Wakefield, with 2,500-58,303-square-feet available for lease.

O'Donnell: RE Activity Down, Average Price Up In FY 2022

Cont'd From Page 12

ance."

Homestead recordings by owners of homes and condominiums decreased in FY 2022 at the Norfolk County Registry of Deeds. There was an 8% decrease in homestead recordings in 2021 compared to 2020. "The comparison from the prior fiscal year is not too surprising where the sales of homes have started to decrease," noted O'Donnell, "but all homeowners, not just new purchasers, should understand that a recorded Declaration Homestead provides some protection against the forced sale of an individual's primary resi-

dence to satisfy unsecured debt up to \$500,000. It is great to see folks protecting the biggest asset most of us have, our homes. I would urge anyone who has not availed themselves of this important consumer protection tool to consider doing so. Please visit the Registry website at www.norfolkdeeds.org to get more information on homestead protection."

O'Donnell concluded:

"Without question fiscal 2022 was a mixed bag for real estate activity in Norfolk County. However, available real estate inventory continues to be a source of concern in Norfolk Coun-

ty. It's especially a problem for first-time homebuyers attempting to crack the market. The Registry of Deeds continues to be open to the public for business. The drop-off box located at the main entrance of the Registry Building will continue to be available for use by those members of the public who may not be comfortable entering the Registry of Deeds building. The volume of documents recorded electronically for many of our institutional users continues to increase. We are also receiving documents in person, via regular mail, Federal Express, UPS and

Cont'd On Page 14



CITY REALTY GROUP, a community-focused real estate company serving the Greater Boston area since 2004, has acquired the 132,000-square-foot, Class A office building located at 1515 Hancock St. in Quincy, for \$18 million. Courtesy File Photo

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Maureen Glynn
Realtor



QUINCY CREDIT UNION recently broke ground for a new branch in Marshfield. From left to right: Quincy Credit Union board members: Director Michael Hobin, Ernest Arienti, Board Chairman William Barron, Building Committee Chairman William Phelan, President and CEO John Miller, John Barber and Robert Hanna. Courtesy Photo

Quincy Credit Union Breaks Ground On Marshfield Branch

Quincy Credit Union (QCU) recently broke ground on its new branch in Marshfield. The new branch will be located at 751 Plain St., Marshfield, across from the Ming Dynasty restaurant.

"We are excited to be opening a branch in Marshfield to serve its residents and those in surrounding towns," said QCU President/CEO John Miller. "Our locations are places where members can discuss their

challenges and their dreams while receiving the best customer service, access to state-of-the-art technology, an array of products and services, and some of the lowest rates today," said Miller.

The new building design will have a contemporary look without being overstated. It will be more open and transparent, allowing people to see-in and to bring the outside-in with large spans of frosted glass. The building will include a large light

cube that will act as a beacon for the neighborhood as it glows a soft white light after hours. The interior design will reflect the beauty of Marshfield.

Construction has begun and the branch will open this winter.

QCU currently operates two branches on the South Shore, including the headquarters in Quincy at 100 Quincy Ave., Quincy and in Weymouth at 519 Columbian St., South Weymouth.

O'Donnell: RE Activity Down, Average Price Up In FY 2022

Cont'd From Page 13

from our drop-off box located just outside our main entrance at 649 High St., Dedham, MA."

To learn more about these and other Registry of Deeds events and initiatives, like us at facebook.com/NorfolkDeeds or follow us on twitter.com/Norfolk-

Deeds and Instagram.com/NorfolkDeeds.

The Norfolk County Registry of Deeds is located at 649 High St. in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land re-

cord information. All land record research information can be found on the Registry's website www.norfolkdeeds.org.

Residents in need of assistance can call the Registry of Deeds Customer Service Center at (781) 461-6101, or email registerodonnell@norfolkdeeds.org.

Bethany Congregational Church

Bethany Congregational Church, 18 Spear St., Quincy invites the public to its 9:30 a.m. worship service Sunday, July 31.

Rev. Patrick McCorkle will be preaching his sermon, and music will be provided by Paul Frazer. Coffee Hour will be held after services, with coffee, light refreshments and good conversation. There will be no church school until September.

The Sunday Service will be available online via YouTube. Go to the church

website for the link, or directly to YouTube. For all events at Bethany Church, masks and sanitizer are available.

Broad Horizons Preschool is open and accepting students both full and part-time, for both the summer session and for the fall. To inquire and/or fill out an application, go to the website at Broadhorizonsbethany.com or call 617-471-0022.

The Bethany Congregational Church website is: bethanyconchurch.org. Email address is: bethany-

conchurch@yahoo.com. The telephone number is: 617-479-7300.

Father Bill' & MainSpring Receives Catholic Health Foundation Grant to Fund Triage Outreach Services

Father Bill's & MainSpring (FBMS) has received a \$15,000 grant from Catholic Health Foundation of Greater Boston to support outreach services provided by its Triage Department.

The award will help fund services that engage typically hard-to-reach individuals – those who are experiencing homelessness and individuals living outdoors,

disconnected from systems of care – to provide direct services and meet their basic needs. Through a combination of healthcare and wraparound supports, participants receive individualized services and treatment to work towards good health and housing.

"The Catholic Health Foundation is pleased to partner with Father Bill's

& MainSpring to support health and wellness initiatives in greater Boston at such a critical time," said Lynne Sullivan, executive director of the Catholic Health Foundation. "CHF has been partnering with organizations to serve our communities since 2014 awarding more than \$5 million dollars during that time."

Board President Gavan Mooney said, "Day in and day out, the organizations funded through the Catholic Health Foundation change the lives of tens of thousands of people in our communities. We are so grateful for their work, and extreme-

ly proud to have the opportunity to help support them in their efforts."

"We are grateful to the Catholic Health Foundation of Greater Boston for making this generous donation toward our life-saving work," said John Yazwinski, president and CEO of FBMS. "Our Triage Department's outreach services have assisted hundreds of our most vulnerable neighbors during the pandemic, and these services will be a critical part of our innovative Yawkey Housing Resource Center currently being built in Quincy and our Housing Resource Center planned for Brockton."

Koch, Wu Met To Discuss Long Island Bridge

Cont'd From Page 1

"She hasn't made her mind up fully whether she's going to do the bridge or not. She's going to continue with the permitting, but whether she funds it, she indicated she had not decided yet. She's still looking at a potential ferry."

"I think they are looking at things right now. I know she's got an awful lot on her plate, including the school system, so I don't know how much attention the bridge is getting from her directly these days."

In the interview, Koch reiterated that his main concern about the bridge is the impact it could have on traffic in Quincy – especially if a future mayor of Boston opened up Long Island for development.

"The argument for me is always the traffic," he said. "They own the island, they can do what they want with that island. Administrations change, a new mayor could come in and say, 'hey, I'm going to move that off the island, we're going to put a thousand condominiums out there.' Who knows? That's why we're greatly concerned with the bridge."

Koch said a ferry would be a preferable option to access Long Island. He noted Camp Harbor View operates on Long Island today, using a ferry to bring campers from the mainland to the island and back on a daily basis.

"We've got Nantucket, we've got Martha's Vineyard and Block Island off of Rhode Island that have ferries. They have water transportation. I don't know what the hesitation is. It's a whole lot cheaper to have water transportation to that island – they do it right now for the kid's programs," Koch said.

"If it's that dangerous not to have a bridge for the other facility, how can they get away with it all summer long bringing kids in? What if a kid gets hurt? What if a kid drowns out there at the pool? Come on, it's the same argument, but the ferry is working for that."

"We'll see what happens. I don't think it's high on her radar, the bridge right now. I don't, because of the school stuff," Koch added. "I'm not speaking for her – that's just an observation."

Koch said it was he who initiated the meeting with Wu.

"I had a relationship with Menino and Walsh and wanted to open up the dialogue," he said. "We talked once or twice on the phone before that, but I just felt as colleagues we should [meet]."

Among the other topics the two mayors discussed were housing and transportation, including the MBTA, Koch said.

"We all talk about transportation, we all talk about housing, as part of the metro mayors group. A big part of it goes back to the MBTA stuff," Koch said. "That's always an issue. That will always be a conversation."

Koch was named to the seven-member MBTA Board of Directors last year, filling the seat on the board set aside for the MBTA Advisory Board, which includes the chief elected official of the 176 cities and towns the T serves.

The Federal Transit Administration began a review of the MBTA earlier this spring following a series of collisions, derailments, fatalities and other incidents. The FTA on June 15 issued special directives to the MBTA concerning the

T's operating control center staffing, general safety operating procedures, delayed critical maintenance and lapses in staff safety certifications.

When asked about that review, Koch said the MBTA has been working hard the last several years to upgrade its infrastructure.

"I think that the comments from the feds were well received. The MBTA has embraced everything. The leadership at the T has been working very hard the last several years to get things straightened out," Koch said.

"I've said it a million times, I will say it again, the MBTA infrastructure was ignored for decades and what we're seeing is the result of that. You don't fix that stuff overnight."

"Gov. Baker a number of years ago, particularly after the winter of 2015, kind of grabbed the bull by the horns and said we've got to do something, so he pumped hundreds of millions, now into the billions of dollars, a year into the system."

"Just for the example, the Red Line, all the switching stations, all the infrastructure work on the tracks, before we could even get the new cars. And the new cars we know have had some challenges with them as they've tried to accept those coming in."

"There's just so many pieces to it, but I think we're making good progress notwithstanding some of the tragic accidents that occurred. That's where the federal government will certainly help out."

"The T is the oldest subway system in the country and it serves the residents of metropolitan Boston very well, and we've got to do a better job maintaining it."

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Eight Quincy Students On Emmanuel College Dean's List

Eight students from Quincy have been named to the Dean's List for the spring semester at Emmanuel College in Boston.

They are: Madeline

Bradley, Queenie Cheung, Mia Hurley, Tiffany Kwan, Su Mon, Matthew Steffan, Vivian Tran and Theodora Zygouras.

Abdon Auto Repair Closing; Owner Jim Abdon Retiring

Cont'd From Page 1

It's just something about working on cars – probably watching Fonzie on Happy Days. I always wanted to work with my hands."

A 1976 graduate of the Vo-Tech, Abdon got a chance to do so the following year when his father, George, purchased the repair shop at 117 Beale St. that has borne the family's name ever since.

"My father bought it in 1977. I started here with him and he's been gone about 34 years now," Abdon said.

Abdon was 19 years old when his father purchased the repair shop, a brick building originally opened in 1926 by A. C. Smith & Company. Now age 65, Abdon and his wife, Debra, have two children, Jimmy and Joy. In retirement, Abdon said he and his wife plan to spend their time babysitting their two grandchildren.

"My mind is telling me I need to retire, my body is telling me I need to retire, but especially the main reason is because we have a two-and-a-half year old grandbaby, Riley, and we have a new one, nine-week-old Owen James, and we're going to be the babysitters for the babies," he said.

"We're going to be the babysitters. My wife does it with Riley and now Owen came along. It's up here tells you, this tells you," Abdon added – pointing to his head and chest, "and most importantly the little miracles at home tell you. I want to build memories and just have a new page and not miss one day."

Abdon said his shop used to average about 15 customers a day, when he had two

employees working with him. Both employees have now left, with the store set to close, but he remains busy.

"Everybody is trying to get in before I leave. It's very flattering. Look at that," he said, pointing to a calendar full of appointments. "This is crazy. It's always busy but they all want to get in before I go and give it one last check over. I'll be busy right to the last day."

Abdon said his customers, new and old, have long preferred going to a neighborhood mechanic rather than a chain shop.

"They love it. They just like having a ham-and-egger...just a neighborhood shop. They love that," he said. "Even new customers I get, they're like, 'I don't like big chains, I like the small businessmen.'"

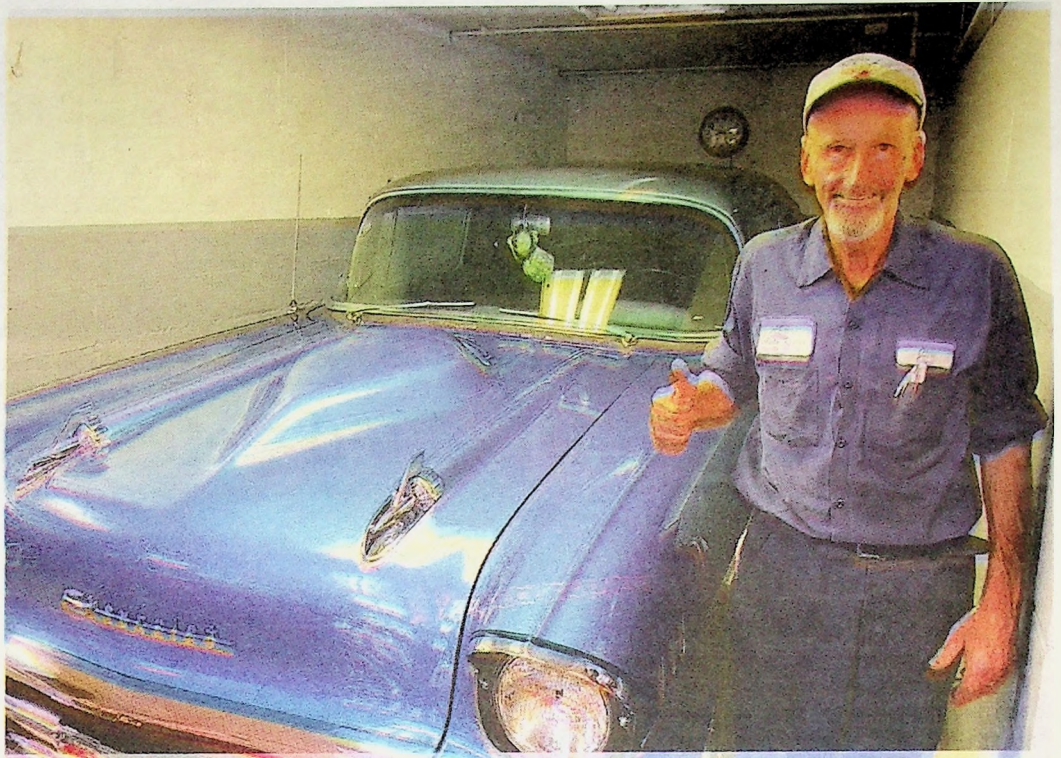
"There is always going to be some around," he added. "There's going to be some around, but it will be [missed] because a lot of us my age that own shops are retiring. It will definitely be missed."

Abdon said he appreciates the customers he has had over the years, who have been like family to him.

"I just want to thank everybody for supporting me over the years, three generations. They've been so supportive. I will miss them – I will," he said. "They're not just customers, they're friends, like family."

Abdon said those customers want him to keep working but understand why he is retiring.

"They all want me to stay on but they're like, Jimmy, 'you've got to go home. You've got the grandchild-



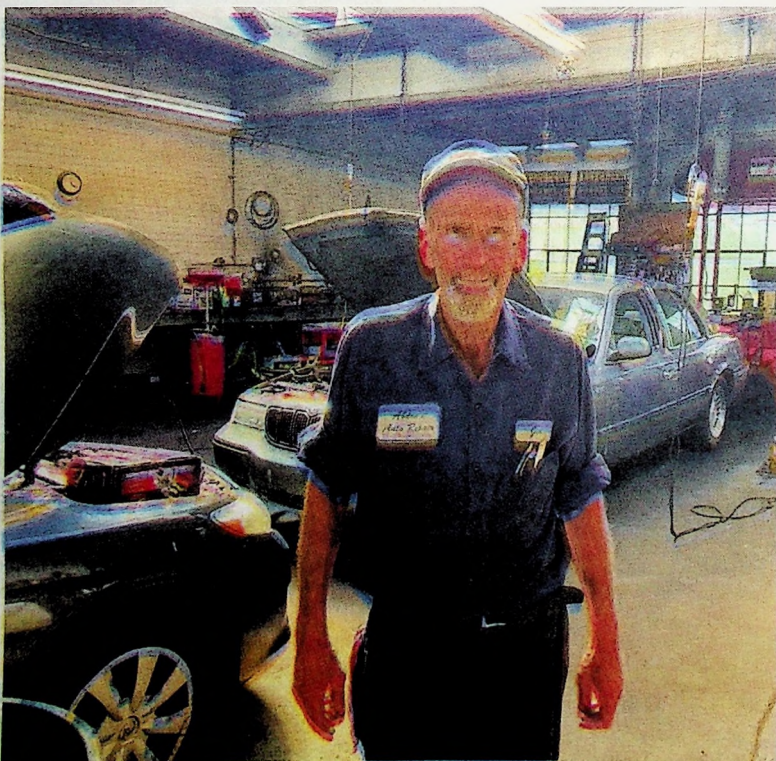
THIS 1957 Chevrolet Bel Air is one of Jim Abdon's two vintage automobiles, the other being 1985 Chevrolet El Camino. Abdon has owned the Bel Air since he was a senior at the Quincy Vo-Tech and still drives it to this day. Quincy Sun Photos/Scott Jackson



ABDON Auto Repair has been located on Beale Street in Wollaston since 1977; the shop was originally opened by A. C. Smith & Company in 1926. After the shop closes, Jim Abdon said the building will be torn down and a four-story, 24-unit condo building will be built in its place. The developer plans to incorporate some of the features of the shop into the new building, he added.

dren. You've earned it. They all tell me 'you've

Cont'd On Page 19



JIM ABDON has been busy since announcing plans to close his shop and retire. "Everybody is trying to get in before I leave," he said. "It's always busy but they all want to get in before I go." Abdon planned to close the shop for good today (Thursday).

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DISABLED VETERANS are escorted along the public landing ramp in Houghs Neck where they boarded boats for a day of fishing July 13. The outing was hosted by Harvey's Salt Water Fishing Club. *Courtesy Photos*

64th Annual Disabled Veterans Fishing Outing

For each of the last 63 years (excluding the pandemic), Harvey's Salt Water Fishing Club (Harvey's) has hosted Disabled Veterans from area veterans hospitals to enjoy a day of fishing.

This year, 16 lobster and fishing boat captains gave up their day of fishing to make this a special day for veterans. Additional volunteers helped out by doing everything from operating a boat, to preparing bait boxes consisting of seaworms, drop lines, weights, etc., to assisting the veterans (many in wheelchairs) on and off the boats, to preparing and serving a delicious meal for each veteran.

For some veterans this will be the only day they will spend out of the hospital all year.

This year's event held July 13th featured blue skies and calm seas. More than 150 veterans participated in the fishing, followed by an amazing dinner and dessert, with entertainment provided by DJ Joe Fasci.

One of the organizers, Mike Cheney, said that Harvey's couldn't do it without the incredible support of so many.

"This day is funded by donations as small as \$1-5 up to \$2,500. The volunteer pool, numbering over 100, is constant year after year. It is a true 'community' event. We are so grateful," Cheney

Cont'd On Page 17



FISHING AND LOBSTER BOATS head out for a day of fishing with disabled veterans aboard. More 150 veterans participated in the fishing, followed by an amazing dinner and dessert, with entertainment provided by DJ Joe Fasci.



VOLUNTEERS ARE READY to serve up a delicious meal for veterans at this year's Harvey's Salt Water Fishing Club veterans' fishing outing.

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64th Annual Disabled Veterans Fishing Outing

Cont'd From Page 16

said.

In addition to Harvey's, the 2022 sponsors include: City of Quincy Local 1139, Fasano's Catering, Fore River Fishing Tackle, Friends of Wollaston Beach, Liberty Bay Credit Union, Manet Contracting, Massachusetts Lobstermen's Association, Quincy Elks, #943, Quincy Firefighters Local 792, Quincy Police Patrolmen's Association, Quincy Yacht Club, Quirk Cars, Save the Harbor/Save the Bay, Sea Street Collision, and The Salvation Army.

Chris Mancini, executive director of Save the Harbor, Save the Bay, said:

"If we don't find ways to improve access for people of every ability to enjoy the beach, the islands and the harbor itself, they become spectators not participants. Thanks to Captain Holler, Harvey's Salt Water Fishing Club, and the Friends of Wollaston Beach for making it happen."

For further information on this event, or to donate or volunteer for next year, contact: Harvey's Disabled Veterans Fund, Cheryl Cowan, Treasurer, 48 Crosby St., Quincy, MA 02169.

Three Quincy Students On Saint Anselm Dean's List

Three students from Quincy have been named to the Dean's List for the second semester at Saint Anselm College in Manchester, N.H.

Maeve Collins, Class of 2023, nursing; Sean Healy, Class of 2022, marketing; and Emily O'Malley, Class of 2024, education studies: elementary education.

They are:

Six Quincy Students On Roger Williams Dean's List

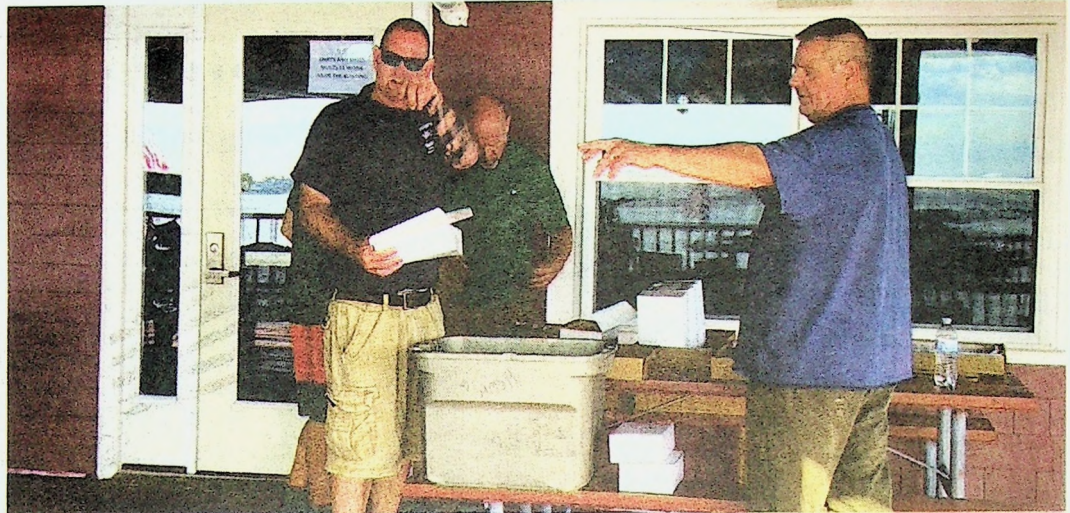
Six students from Quincy are on the Dean's List for the spring semester at Roger Williams University in Bristol, R.I.

They are:

Brendan Donovan, Julia Keldsen, Niki Poutre, Sami Poutre, Leila Dumas Hovey and Aiden Houlihan.



MIKE CHENEY (right), one of the organizers of the Harvey's Salt Water Fishing Club disabled veterans fishing outing, stands by a banner featuring this year's outing sponsors.



VOLUNTEERS PUT TOGETHER the bait boxes that veterans will use on their fishing trip.



MORRISSETTE AMERICAN LEGION POST volunteers who assisted the recent Harvey's Salt Water Club Fishing Tournament (from left to right) Paul LaBonte, Don Knight, Post Commander George Bouchard, JoAnn Salvatore, Marilyn Lumaghini and Sons Squadron 294 Commander Dave Piccuito.

Photo Courtesy Morrisette Legion Post

Morrisette Post Assists Veterans' Fishing Tournament

Carrying out the primary mission of The American Legion to support military veterans, representatives of the Cyril P. Morrisette Post No. 294 of Quincy assisted at the Harvey's Salt Water Club Fishing Tournament.

The Post was especially thrilled that this year's event was dedicated to one of their own - Post member and Past Commander of Squadron 294, Sons of the American Legion, the late Joe Brill.

Post volunteers included Paul LaBonte, Don Knight, Post Commander George Bouchard, JoAnn Salvatore, Marilyn Lumaghini and Sons Squadron 294 Commander Dave Piccuito.

Also volunteering at the event in honor of her late husband was Morrisette Post Auxiliary member, Terry Brill (shown at right).



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MANET MEDALLION HONOREE Tara Curry with her husband Sean Curry and Mayor Tom Koch, both past Medallion recipients.



MEMBERS OF THE Sturdy Memorial Hospital leadership team Paul Fu, MD, Justine Zilliken and Brian Patel, MD, were among Manet's community partners at June Bloom.

Courtesy Photos

Manet Community Health Center's June Bloom Raises \$140,000

Cont'd From Page 2

Stems Floral Design, Stop & Shop and Wollaston Garden Club.

Special thanks to June Bloom top sponsors: Health Center Cham-

pion Sponsor - FoxRock; Community Hope Sponsors - Arbellia, Blue Cross Blue Shield of MA, Boston Medical Center Health System; Carney Hospital, Griffin Maintenance Services,

Inc.; Health Care Advocate Sponsors - Brave River Solutions, Care Access, Codman Square Health Center, Dr. Eric & Betsy Cohen, Eastern Bank Foundation, Granite, Mayor Tom Koch,

MA League of Community Health Centers, South Shore Bank, Yozell Associates, Brown & Brown of MA; Staff Spirit Sponsor - Cynthia H. Sierra; VIP Table

Floral Sponsor - South Boston Community Health Center; Field & Farm Table Sponsor - Karen Ward & Mark Sanner; Food Station Sponsors - Sturdy Memorial

Hospital and UnitedHealthcare Community Plan; and appreciation to all of our sponsors.

See a listing here: www.manetchc.org/june-bloom/.



JUNE BLOOM PLANNING Committee members (from left to right) Nancy Wyrebek, Alicia A. Gardner, Co-Chair, Karen Ward, Dr. Eric Cohen, Anli Xiang, Phyllis Dohanian and Tasha Pereira. (Not pictured) Anne C. Bisson, Co-Chair, Patty Dillane, Michelle Duggan, Grace Murphy-McAuliffe, Sandra McGunigle, Paul McSoley, Tramaine Weeks and Sophie Wilson.



BLUE CROSS BLUE SHIELD of MA's "Blue Crew" provided expert volunteer assistance at June Bloom.

Third Annual Quincy Veterans Music And Expo Held At Pageant Field

The third annual City of Quincy Veterans Music and Expo was held July 23 at Pageant Field.

The event was a great success with over 100 tables

of vendors who were offering benefits and job opportunities and healthcare to retired military personal. The day also featured five bands on stage to entertain and

thanks local veterans. Despite the heat many veterans families and kids showed up to be part of this great day.

This event is put on by the Veterans Voice radio sta-

tion on Watd 95.9 (Thursdays 7-8 p.m.) and the City of Quincy and Veterans Services plus the VA healthcare Boston. Each year the event gets bigger and better and they are looking forward to next year's event in July.

Quincy Veterans Services extends special thanks to the City of Quincy for hosting it and the city's Park Department for supplying Pageant Field and helping to set up and break down with the North Quincy High School

Air Force Junior ROTC students and the Norfolk County Sheriff's Department for supplying the food and cooking it for this wonderful event as well as the event committee and staff.

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CITY OF QUINCY Veterans Music and Expo event committee and staff. From left to right: Ken Walsh (VA Boston), Col. Dave Hencke (VA Boston), George Bouchard (Quincy Veterans Services), Gregg Brasso (host of Veterans Voice), Craig Wolf - Veterans Voice, Carolyn Mason Wolley (VA Boston), and Christine Cugini (director, Quincy Veterans Services).

Courtesy Photo

Abdon Auto Repair Closing; Owner Jim Abdon Retiring

Cont'd From Page 15

earned it, it's time for a new page," he said.

"I have a place up in Maine. I'll take the kids up to Maine. They all want me to [stay] but on the other hand they're like enjoy life.

"You never know what the next day is going to bring, so I want to enjoy this life after Abdon's."

Aside from his customers, Abdon said one of his favorite things about working in the shop has been getting cars back up and running after they've been brought to him not running.

"It still gives me a thrill when a car is towed in and it doesn't run, and you fix it and it comes to life again," he said. "It still gives me a thrill, you did something, and you know you fixed it."

Abdon said he will miss repairing his customers' cars but will still work on his and his family's vehicles.

"I will miss it," he said. "I'm going to work on my hot rods at home, which will keep me doing it, work on my kids' cars."

"I'll miss the customers. They've been so, so kind to me over the years, but I'll stay in it, I'll still work on my hot rods and service the kids' cars."

Abdon's two hot rods are a 1957 Chevrolet Bel Air and a 1985 Chevrolet El Camino. He has owned the Bel Air since he was a student in high school.

"The favorite one is my '57 Chevy because I bought that when I was a senior in high school at the Vo-Tech. It's the second car I ever owned," Abdon said.

"I drive the El Camino out front all the time, but I drive the '57, I drive it in the summer time. It's a turn-key car. I love her. We drove it to Daytona Beach on our honeymoon, 40 years ago almost."

Chevrolts are among Abdon's favorite vehicles to work on.

"I love Toyotas, I love Hondas and Chevrolts," he said. "Toyotas, Honda and Chevrolts. I don't do a lot of high-end cars."

After the shop closes, Abdon said the building will be torn down and a four-

story, 24-unit condominium building will be constructed in its place. The developer plans to incorporate some of the features of the shop into the new building, he said.

"I will be sad to see it go, but he's going to make the building similar to mine, the front of it," Abdon said. "He's going to do the brick the same and I have pineapples on the roof, which are a sign of welcome, three pineapples, he's going to take one on each side. And he's going to take the insignia off the front of the building - the wings with the wheel, which is a sign of freedom - and he'll put that over his front door."

"There will be a little touch of the building here," he added.



THE WOLLASTON HILL NEIGHBORHOOD Association announces the Saturdays in The Park event series returns Aug. 6. The outdoor summer series featuring a beer garden, food from Craig's Cafe, live music and family fun runs for four weeks through Aug. 27th.

Courtesy Photo

Saturdays In The Park Series Returns To Wollaston Hill Aug. 6

The Wollaston Hill Neighborhood Association announces the Saturdays in The Park event series will return Aug. 6.

The outdoor summer series featuring a beer garden, food from Craig's Cafe, live music, and family fun will

run for four weeks through Aug. 27. On each Saturday, the event runs from 3 to 8 p.m. at Safford Park which is at 166 Beale St. Aug. 27th will also feature the third annual Quincy All-Neighborhood Cornhole double

elimination tournament. Register your four-player team and neighborhood at info@wollastonhill.com. Visit the Wollaston Hill Neighborhood Park events page for each week's schedule. You can also download and print the one-page PDF

with the event schedule from the website.

The MBTA 211 bus stops at Safford Park (Beale Street opposite Safford Street stop).

To learn more visit www.WollastonHill.com.

Sheriff McDermott: Patriotism Begins At Home

By PATRICK McDERMOTT
Norfolk County Sheriff

In my role as the Sheriff of Norfolk County, I have the pleasure of participating in many parades and community celebrations, especially during the summer months. Having just wrapped up several very busy weeks of festivities in honor of Flag Day, Independence Day, Memorial Day, and more, I've been thinking a lot about patriotism and what it means to be a patriot for everyday people like ourselves.

Of course, the first thing that comes to mind are the brave men and women who risk their lives for our country and our way of life. Marching with veterans during Medway's Memorial Day parade was a great honor, and seeing the pride in our armed forces and the celebrations of our country during the Quincy and Dedham Flag Day parades, the Braintree Day parade, and the multiple 4th of July parades and celebrations lately reminded me how great our country is and can be, despite the many challenges we face. Those patriots who fought against tyranny and stood up for the ideals of democracy are worth remembering and honoring, not just with our parades and cookouts, but with our commitment to living lives worthy of their sacrifices.

And that is why I also started thinking about what patriotism looks like at home. To me, a patriot is someone who seizes an opportunity to help make things better or safer for people at home. Our nation is, at its heart, a collection of communities, and when

we do good things for our neighbors, or make sacrifices for our communities, we are also being patriots. When I think of local patriots, I think of people like Foxborough middle schooler, Adam Taj, who received the Norfolk County Hero Award recently for his ongoing efforts to help others in need. I think of NCSO Officer Brett LeClerc, who was recently awarded a Meritorious Recognition from the Commonwealth of Massachusetts for his heroic rescue of two children during an automobile accident. And I think of NCSO Lieutenant Francis Reynolds, physician's assistant Christine Cimoch, and registered nurse April Ko, who all received Lifesaving Awards from the Massachusetts State Police last month in recognition of their quick thinking in the face of danger that saved a motorcyclist who had been involved in a life-threatening accident.

All of these people put others first, often at significant expense or risk to themselves, in order to make sure that another person's needs were met. In doing so, they've made those lives better and their communities stronger. And when our communities are strong, our country is strong, which is why I believe that work and actions like these epitomize the spirit of patriotism.

Patriotism isn't a medal or an award. None of these people I mentioned did what they did because they wanted a prize - they did it because they had a patriotic spirit, a mindset that guides their beliefs that the common good is a goal worth working towards. It's the kind of mentality that

leads people to help their neighbors, to volunteer at non-profits, to watch each other's kids. We're a nation made up of individuals - so, in a sense, patriotism is simply the act of watching out for each other.

This summer, I hope that we can all look for opportunities to be patriots and look out for one another. Check on your elderly

neighbors when it gets hot. Take a chance and volunteer at your local food bank so that people who might need some help can have food on their table. Do good by your neighbors and good for your community. And in the process, maybe we'll all do a little better by a nation that I still believe is worth fighting for.



PATRICK McDERMOTT

SATURDAYS IN THE PARK


Wollaston Hill
Neighborhood Association

The Wollaston Hill Neighborhood Association is excited to bring back the Saturdays in The Park event series, an outdoor summer series featuring a craft beer garden (also with wine, seltzer, and non-alcoholic options), food from Craig's Cafe, live music, and family fun. For more info visit:

WollastonHill.com

SCHEDULE

SATURDAY
08.06.22
3 PM - 8 PM

The Sprints
The Tokyo Tramps

SATURDAY
08.13.22
3 PM - 8 PM

The Fall
Up The Downs

SATURDAY
08.20.22
3 PM - 8 PM

Stacking Stones
The Gypsy Moths

SATURDAY
08.27.22
3 PM - 8 PM

Dis & Dat Band
Idle Rumors
3rd Annual Quincy All-Neighborhood
Cornhole Tournament



5 On Endicott Dean's List

Five students from Quincy are on the Dean's List for the spring semester at Endicott College in Beverly.

They are:

Lillian Burke, Pearl Carey, Serena Greaves, Sarah McGowan and Michaela Pettinelli.

Court Sides With Boston In Bridge Dispute

By SCOTT JACKSON

The state's highest court on Monday ruled in favor of the city Boston in the dispute over the Long Island Bridge, finding the Quincy Conservation Commission's denial of a permit for the project was properly preempted by a subsequent order issued by state regulators.

Quincy had argued before the Supreme Judicial Court (SJC) that the city's local wetland ordinance contains language that is more stringent than the state's Wetlands Protection Act, and thus the commission's denial can stand despite the superseding order of conditions from the Massachusetts Department of Environmental Protection

(DEP). Writing for a unanimous court on Monday, Justice David Lowy ruled that was not the case.

"The commission claims it relied on the local ordinance's reference to 'cumulatively adverse effect[s] upon wetland values,' and that this language is more stringent than the language in the act. However, we conclude that the DEP order supersedes that of the commission because the commission did not rest its determination on more stringent local provisions," Lowy wrote in the 17-page decision.

In a statement, a spokesperson for Boston Mayor Michelle Wu called Monday's ruling a major victory.

"This major victory for

Boston protects our authority to serve our residents with the greatest needs. Today's decision will allow Boston to continue exploring the potential and opportunities on Long Island to connect our residents with substance use disorder services and housing," the statement said. "We look forward to collaborating with our local and state partners to ensure that every person impacted by substance use has a path to a stable recovery and housing."

Quincy Mayor Thomas Koch's Chief of Staff, Chris Walker, said the court's decision does not clear the way for construction of the new bridge, and Quincy will continue to challenge the proposed bridge through all

available avenues.

"While today's ruling is not the one the City had hoped for, it is narrowly focused on only the single issue before the Court – not the myriad of additional serious, substantive environmental and structural concerns that we've raised and are still outstanding in various venues," Walker wrote in an email.

"The ruling is not remotely close to a green light for a new bridge, and the City is going to continue to press its case through all available avenues that the City of Boston has proposed an environmentally and structurally deficient bridge design that would've only been acceptable had it been permitted when the bridge

was originally built almost a century ago."

Then Boston Mayor Marty Walsh in January 2018 announced plans to rebuild the Long Island Bridge and open a recovery campus on the island. Under Boston's proposal, the piers that held up the former Long Island Bridge – which was built in 1950 and razed in 2015, after it was closed without warning the previous year because of concerns about the integrity of

the superstructure – would support the new bridge superstructure.

The bridge would connect Long Island, which is within Boston's city limits, with Moon Island, which is within Quincy's limits and fully owned by Boston. Moon Island is accessible via a causeway from the Squantum neighborhood in Quincy, though the island is not open to the public.

Koch and other Quincy

Cont'd On Page 25

Quarry, Granite Workers Museum August Openings

The Quincy Quarry and Granite Workers Museum and the Lyons Turning Mill will be open on two weekends in August: Saturday, Aug. 6th and Sunday, Aug. 7th; and the second weekend Saturday, Aug. 20th and Sunday, Aug. 21st.

The public is invited to

visit the museum and walk around the Turning Mill viewing interpretive information at many sites around the mill. Members will be on hand for tours of both and to answer any questions you may have of Quincy's past granite industry.

AAA: Gasoline Price Down 11 Cents From Last Week

Massachusetts's average gas price is down 11 cents from last week (\$4.63), averaging \$4.52 per gallon.

Mondays's price is 42 cents lower than a month ago (\$4.94), and \$1.50 higher than July 25, 2021 (\$3.02). Massachusetts's average gas price is 17 cents higher than the national average.

Nationally, lackluster demand for gas and lower oil prices have led to pump prices falling again, down 17 cents since last week to \$4.35. The steady decline is due to low domestic demand for gasoline and oil prices that remain in the mid-\$90s per barrel. The price of gas has now fallen every day since hitting a record \$5.01 on June 14.

"Consumers appear to

be taking the pressure off their wallets as they enjoy fuel prices down 11 percent since their peak in mid-June," said Mary Maguire, AAA Northeast director of Public and Government Affairs. "And there's reason to be cautiously optimistic that pump prices will continue to fall in the near-term, particularly if the global price for oil does not spike. But the overall situation remains very volatile."

AAA Northeast's July 25 survey of fuel prices found the current national average to be 17 cents lower than last week (\$4.52), averaging \$4.35 a gallon. Monday's national average price is 55 cents lower than a month ago (\$4.90), and \$1.20 higher than this day last year (\$3.15).

QATV's Successful Partnership With Quincy Public Schools

Now that the school year has ended, Quincy Access Television (QATV) would like to take the opportunity to thank all of the students who participated in the television production partnership between Quincy Public Schools and QATV.

The partnership takes students and places them within the work environment of QATV. Students had the incredible opportunity to experience a working television station, a caring and talented staff, which assisted them as they produced creative pieces over the time they were with us.

Students worked to hone the skills of editing and videography and their completed pieces (viewed at www.qatv.org/students) highlight their improved abilities over a short period of time. They began with basic editing skills, which can be seen in short 60 second spots cre-

ated for Father's Day, Easter and Juneteenth, gaining confidence they moved into acting and script-writing to produce more complex pieces like: The Invasion of the Mimes from Hell 2 or Lost in the Backrooms. They also produced the magazine show On Q, as well as many thoughtful movie reviews.

"Several staff members at Quincy Access Television started our career path in the Film and TV program taught by John Green at Quincy High School, so we are especially happy to provide opportunities to current students," said QATV Executive Director Jonathan Caliri. "QATV's Mark Crosby has done an excellent job providing tutelage, encouragement to work creatively and exposing students to different aspects of TV production. We hope their experience at QATV will provide a positive glimpse into

the field of TV production."

The Quincy Public Schools Career Vocational and Technical Education Program provides practical instruction and valuable intellectual content alongside academics. Both high schools foster an environment where traditional programs exist, side-by-side with competency-based career pathways, which includes film and television production. The Career Vocational and Technical Education programs are industry certified and use strong business partnerships to encourage students to take an active role in their own education.

"The partnership between Quincy Access Television and Quincy Public Schools Career Vocational and Technical Education Film and Television Production Program has provided an amazing variety of hands

on, real world experiences for our student interns," said Keith Segalla, executive director of Quincy Public Schools Career Vocational and Technical Education. "We are grateful for this collaboration, which continues to enhance and enrich Quincy's Film and Television Production Pathway."

Quincy Access Television offers this same mentorship to all Quincy residents over 18. Membership includes classes, equipment and the same level of commitment to any resident that would like to help out on our productions or produce your own show or podcast.

QATV is located adjacent to the Thomas Crane Public Library at 88 Washington St. For more information on QATV and how to learn the art of television, call 617-376-1440

And again, to the students who spent time at QATV this school year, thank you for your commitment and for all of the good shows produced.

Quincy Access Television
88 Washington Street
Quincy, MA 02169



QATV

www.qatv.org
617-376-1440
617-376-1441



Public Access Channel 8

Thursday, July 28
6:00pm: Bethany Congregational Church
8:00pm: AM Quincy: Quincy Bay Race Week

Friday, July 29
11:30am: LIVE: Currently in Quincy
7:00pm: AM Quincy: State Rep. Tackey Chan

Saturday, July 30
12:00pm: John Quincy Adams Wreath Laying
7:00pm: The Call

Sunday, July 31
11:30am: Quincy Point Cong. Good News
1:00pm: The Call

Monday, August 1
11:30am: CIQ Interview: Quincy Historical Society
7:00pm: Legislative Update: Rep. Bruce Ayers

Tuesday, August 2
7:00am: LIVE: AM Quincy with Joe Catalano
7:00pm: AM Quincy: Mayor Thomas Koch

Wednesday, August 3
6:00pm: Quincy Point Cong. Good News
7:00pm: The Call

Government Access Channel 9

Thursday, July 28
4:00pm: Board of License Commissioners 7/19
5:30pm: Zoning Board of Appeals 7/26

Friday, July 29
7:30pm: Legislative Update with Rep. Bruce Ayers
8:00pm: Media Advisory, Adams Presidential Ctr

Saturday/Sunday, July 30/31
9:00am: Legislative Update with Rep. Bruce Ayers
9:30am: In the Know: Norfolk County Sheriff
10:00am: Good Deeds: Quarterly Update
10:30am: For Your Health: Summer Safety
12:00pm: MA House of Representatives
4:00pm: Board of License Commissioners 7/19
5:30pm: Zoning Board of Appeals 7/26
8:00pm: Media Advisory: Adams Presidential Ctr

Monday, August 1
6:00pm: Fire Prevention & You: Summer Safety

Tuesday, August 2
4:00pm: Board of License Commissioners 7/19
5:30pm: Zoning Board of Appeals 7/26

Wednesday, August 3
6:00pm: In the Know: Norfolk County Sheriff

Programming is subject to change.

For a complete list of programs, please visit our website at qatv.org

Quincy Point Congregational Church

Rev. Kimberly Murphy returns Sunday, July 31 and will be celebrating worship at Quincy Point Congregational Church, 444 Washington St. at 10 a.m.

Worship is in-person in the sanctuary and live streamed. View the live stream on the Quincy Point Congregational Church's Facebook or YouTube pages or at www.quincypointcong.org.

The sanctuary is air-conditioned and accessible with designated parking and an elevator on the Abbey Road Side of the church

Fundraising for Interfaith Social Services and World Central Kitchen will continue until Sept. 4. Collections will be taken on Sundays at 10 a.m. worship or mail to

the church or donate online at <https://www.quincypointcong.org/donate>. Checks can be made payable to Quincy Point Congregational Church with the memo: ISS/WCK.

The Missions and Social Justice Committee continues the 2022 Clothing drive to help homeless teens and families of the Quincy Public School McKinney Vento program. During the summer collection, the focus is on younger children. New items are needed for children, sizes XS to XL (gender neutral preferred). Items needed most are underwear and socks. Also needed are t-shirts, sweatpants and leggings.

Drop-off to the church on Sundays before 10 a.m.

worship or weekdays from 9:30 a.m. to 5 p.m. Ring the doorbell by the bakery or the Abbey Road accessible entrance. You can contact the church office @ 617-773-6424 or email: office@quincypointcong.org. Thanks in advance for helping the Quincy community.

Next week the "Quest-The Awakened Traveler," a five week worship series created by Worship Design Studio, will begin at QPCC. So, whether you are traveling far away or exploring close to home this summer, join us in unravelling the simple, yet restorative steps of a Quest. Seek and discover the world around you and share some pictures of your journeys with the hashtag #quincypointbeauty.

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STUMP GRINDING Smaller, Powerful, Versatile Machine Able to get into 36-inch openings RELIABLE-INSURED-REASONABLE RATES <i>Please call: Tony Luongo,</i> LUONGO'S LANDSCAPING - 617-479-9599	IMAGE LANDSCAPING <i>We are committed to your property.</i> QUALITY WORKMANSHIP FOR ALL YOUR LANDSCAPING NEEDS SPRING CLEANUPS • We Clean it, Trim it, Remove it! • FREE ESTIMATES 617-471-0044	M&M SALVAGE - CLEANOUTS - CASH FOR CARS - FREE SCRAP REMOVAL 617-842-8205	J.F. ROOFING Co. QUINCY, MA • Shingles • Rubber • Slate • Copper • Vinyl Replacement Windows 617-471-8216 CREDIT CARDS ACCEPTED	BOB CAT LOADER No Job Too Small Able to work in smaller areas — Clear out areas Move materials — Grading — Spreading Loam, Mulch, Stone Prepare areas for Seeding, Sodding Play Areas - Driveways - Gardens Dig Holes For: Trees, Shrubs, Fence Posts RELIABLE-INSURED-REASONABLE RATES <i>Please call: Tony Luongo,</i> LUONGO'S LANDSCAPING - 617-479-9599	REALTOR What's Your Home Worth? Free Market Analysis! LENA DEBUCCIA MBA, REALTOR, SRES, ASP-RE  617-548-5700 56 South St., Hingham, MA 02043 lena.debuccia@cbrealty.com www.toprealtorsouthshore.com
PERSONAL Happy 95 th Birthday to my Daddy in Heaven VINNIE VILLARD 8-1-27 <i>Love, BrendaMarie</i>	PERSONAL Thank You Santo Christo M.K.	DeDe's CLEANING SERVICE, INC. COMMERCIAL/RESIDENTIAL Honest & Reliable CALL: 617-328-9451 (H) 617-823-9180 (C) REFERENCES AVAILABLE	HALLS FOR RENT MORRISETTE LEGION POST 81-83 Liberty St., Quincy Function Hall Available Call for Details 617-770-4876 Internet Capable • Weddings Showers • Christenings • Meetings After Funeral Gatherings	THE JEWELERS & Coin Co. Quincy WE BUY: Gold Jewelry, Diamonds, Estate Jewelry, Silver, Coins, Rolex Watches, Pocket Watches, Sterling Silver Flatware, Old Paper Money & Numismatics PRIVATE APPOINTMENTS AVAILABLE CALL 617-479-4653 509 Beale St., Quincy AMPLE PARKING	THE MIRACLE PRAYER Dear Heart of Jesus, in the past, I have asked for many favors. This time, I ask you this very special favor (mention favor). Take it dear Heart of Jesus, and place it within your own broken heart where your father sees it. Then in his merciful eyes it will become your favor, not mine. Amen. Say this prayer for 3 days, promise publication and favor will be granted, no matter how impossible. Never known to fail. E.K.
THE MIRACLE PRAYER Dear Heart of Jesus, in the past, I have asked for many favors. This time, I ask you this very special favor (mention favor). Take it dear Heart of Jesus, and place it within your own broken heart where your father sees it. Then in his merciful eyes it will become your favor, not mine. Amen. Say this prayer for 3 days, promise publication and favor will be granted, no matter how impossible. Never known to fail. D.R.	YARD SALE 58 PARKE AVE, SQUANTUM 617-328-9396 7/31/22 9AM to 3PM Xmas & Halloween Blow-ups & decorations, Housewares, Chairs, Appliances, Comforters, Linens!	Quincy Physical Therapy Google 5 Star Rated One on One Treatment All Insurances Accepted Call 617-481-2000 to schedule	QUINCY 617-471-8216 CREDIT CARDS ACCEPTED	THE MIRACLE PRAYER Dear Heart of Jesus, in the past, I have asked for many favors. This time, I ask you this very special favor (mention favor). Take it dear Heart of Jesus, and place it within your own broken heart where your father sees it. Then in his merciful eyes it will become your favor, not mine. Amen. Say this prayer for 3 days, promise publication and favor will be granted, no matter how impossible. Never known to fail. D.R.	THE MIRACLE PRAYER Dear Heart of Jesus, in the past, I have asked for many favors. This time, I ask you this very special favor (mention favor). Take it dear Heart of Jesus, and place it within your own broken heart where your father sees it. Then in his merciful eyes it will become your favor, not mine. Amen. Say this prayer for 3 days, promise publication and favor will be granted, no matter how impossible. Never known to fail. D.R.



PLEASE RECYCLE THIS NEWSPAPER



REPORT POTHOLES

Potholes are a year-round problem and should be reported to the Department of Public Works
617-376-1914

The Quincy Sun CLASSIFIED AD FORM

MAIL TO: THE QUINCY SUN, 1372 HANCOCK STREET, QUINCY, MA 02169
 PAYABLE IN ADVANCE. Payment must accompany order.

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RATES

- 1 WEEK** ☐ \$9.00 for one insertion, up to 20 words, 10¢ for each additional word.
- 2-4 WEEKS** ☐ \$8.00 per insertion up to 20 words for 2-4 insertions of the same ad, 10¢ each additional word.
- 5-10 WEEKS** ☐ \$7.50 per insertion, up to 20 words, for 5-10 insertions of the same ad, 10¢ for each additional word.
- 11 WEEKS OR MORE** ☐ \$7.00 per insertion, up to 20 words, for 11 or more insertions of the same ad 10¢ for each additional word.

☐ Enclosed is \$_____ for the following ad to run _____ weeks in **The Quincy Sun.**

COPY: _____

NO REFUND WILL BE MADE AT THIS CONTRACT RATE IN THE EVENT OF CANCELLATION.
 DEADLINE: FRIDAY AT 4PM. PLEASE INCLUDE YOUR PHONE NUMBER IN AD.

OBITUARIES

George J. Donovan, 68

George J. Donovan, age 68, of East Bridgewater, formerly of Quincy, died unexpectedly, Tuesday, July 19, 2022 at Beth Israel Deaconess Medical Center in Boston.

George was born in Quincy, to the late Russell J. and Claire F. (MacDonald) Donovan. Raised and educated there, he was a graduate of Quincy High School, Class of 1972. He lived in East Bridgewater for thirty-five years, previously in Quincy. Since 1965, George relished the good times spent at his family's cottage in Wolfeboro, N.H.

He was employed as a parts advisor in the automotive industry for many years. During his career, George worked for several dealerships and retired from Colonial Ford in Plymouth after over ten years of service.

He was an automobile enthusiast and loved vintage cars. As a young man, he and his late father, Russell, enjoyed visiting the former Freddy's Auto Sales in Quincy, checking out all the hot cars and latest innovations. He was also an avid NASCAR fan.

Most of all, George was devoted to his family and friends.

Beloved husband for thirty-eight years of Helen J. (Daley) Donovan.



GEORGE J. DONOVAN

Devoted father of Katie L. Donovan of East Bridgewater, Christopher G. Donovan and his wife Melissa of Whitman.

Dear brother of Russell J. Donovan of Halifax and the late Stephen G. Donovan.

George is also survived by many loving nieces and nephews.

Visiting hours were held at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy, on Friday, July 22. Funeral Services were conducted at the funeral home on Saturday, July 23.

For those who wish, donations in George's memory may be made to the American Transplant Foundation, 600 17th St., Suite 2515 S, Denver, CO 80202 or by visiting www.american-transplantfoundation.org.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Walter E. Clifford

Walter E. Clifford ("Wally C. Bones") passed away peacefully in the comfort of his home surrounded by loving family on Monday July 11, 2022.

He had spent most of his life in Quincy and recently retired to Pembroke. Walter was the beloved husband of Nancy Ryan and devoted stepfather to William and Mark Melillo. He was the dear brother of Patricia Smith and the deceased Paul Clifford. He leaves behind many loving nieces, nephews, extended family, fur babies Fenway and Frankie, and all those who knew and loved him.

Walter was a proud Vietnam Veteran who served in the US Marine Corp. After serving his country, he went on to work for the City of Quincy and the Norfolk Sheriff's Department.

Wally loved a good time, his favorite quote was "I start my day with Captain Crunch and end it with Captain Morgan, apparently I must want to be a pirate." His happiest days were spent socializing with family and friends at Granite Rail, Alumni, and Rags, reminiscing about Mud Football, his Caribbean trips, and making you a "Wally Splash."



WALTER E. CLIFFORD

Walter will be forever missed and always hold a special place in our hearts.

Visiting hours were held at Hamel Lydon Chapel, 650 Hancock St., Quincy 02170 on Tuesday, July 26. A Funeral Mass will be held Wednesday, July 27 at 10 a.m. at Sacred Heart Church, 386 Hancock St., Quincy 02171.

In lieu of flowers, memorial donations may be made in his name to the Wounded Warrior Project at <https://support.woundedwarriorproject.org/default.aspx?tsid=10043> or by calling 855-488-3997.

Funeral arrangements under the care of the Hamel-Lydon Chapel. For online condolences, please visit www.hamellydon.com.

Meaghan E. Luce

Meaghan E. Luce lost her battle to an eating disorder which caused her untimely death. She has joined her parents, Glenn Luce of Charlestown and Ann Marie O'Malley-Luce of Quincy, in heaven.

Dear sister of Adam Luce and his wife Christina of Omaha, NE and Colleen Freeman of Worcester, as well as her devoted aunts and uncles, James O'Malley and his wife Joan of Dorchester, Beatrice Thompson of Needham, John O'Malley and his wife Martha of East Bridgewater, Maureen Houde and her husband Kevin of Quincy, Edward O'Malley and his wife Kathleen of Foxboro, Thomas O'Malley of Bridgewater, the late Stephen O'Malley and his wife Eileen of Dorchester, Carol Acito and her husband Vincent of Holbrook, Kevin O'Malley and his wife Katharine of Wilmington, her late uncles Michael, Eugene and Richard O'Malley, her late aunt Mary Luce of Charlestown and Elizabeth Crosby of Northern MA. She is the beloved aunt to Connor and Brody Tracey. She is also survived by numerous cousins, countless friends including very close friends Amanda Tracey of Taunton and Christine Barrington of Waltham.

Meaghan was beautiful with a smile that could light



MEAGHAN E. LUCE

up the room. She was kind-hearted, giving, empathetic, selfless, loving, caring, genuine, and had a great sense of humor. She will be missed greatly by all that knew her.

"Meaghan always made us laugh till we had tears streaming down our faces. I know now next time it rains she's putting on a show in heaven. Until we meet again - we love you."

A Funeral Mass was held on Tuesday, July 26, 2022 at Our Lady of Good Counsel, 237 Sea St., Quincy 02169. A Mass of Christian Burial took place immediately following at Blue Hill Cemetery, 700 West St., Braintree 02184.

In lieu of flowers, please consider donating to <https://www.medainc.org/donatedoday/> (donation in memory of Meaghan) or Nationaleatingdisorders.org (no in memory). Funeral arrangements under the care of the Hamel-Lydon Chapel. For online condolences, please visit www.hamellydon.com.

Helen K. Saunders

Helen K. (Pavidis) Saunders, of Quincy, originally from South Boston, passed away Tuesday July 19, 2022, just shy of her 94th birthday.

Beloved wife of 70 years to Arthur J. Saunders. Devoted mother of John and his wife Susan of Sharon, Paul and his wife Robin of Clermont, FL and Jeanne Harte and her husband Jim of South Weymouth. "Grandy" was the proud grandmother of Adam, Jessica, Meghan, Katie, Joy, Brian and Jimmie. Great-grandmother of Olivia, Brady, Cody, Maggie and AJ.

Helen was a beautiful woman who loved her family. She had an extraordinary spirit that would light up any room that she entered. Never did she miss an occasion to send a card or letter. She kept the Post Office in business!

A Mass of Christian Burial was celebrated in Saint Agatha Church, 432 Adams St., Milton, on Tuesday, July 26. Visitation was at Dolan



HELEN K. SAUNDERS

Funeral Home, 460 Granite Avenue, East Milton Square, on Tuesday. Interment at Massachusetts National Cemetery.

Per Helen's request, in lieu of flowers, consider making a donation to the charity of your choice, in her name.

To send the Saunders family a condolence message, please visit www.dolanfuneral.com.

Mildred T. Holbert, 90

Mildred T. "Millie" (McNulty) Holbert, of North Haverhill, New Hampshire, formerly of Quincy, died peacefully on Tuesday, July 12, 2022, at the Grafton County Nursing Home in North Haverhill, New Hampshire. She was 90.

Born in Roxbury on Feb. 3, 1932, daughter of the late Alphonsus and Dellere (Nickerson) McNulty. Graduate of Roxbury Memorial High School for Girls, Class of 1950. She moved to Dorchester in 1954 and then Quincy in 1966.

Millie was a payroll administrator for 45 years at Garland Knitting Mills in Jamaica Plain, Mass. General Life Insurance in Boston, XTRA, Inc. in Boston and Safety Insurance in Boston, before retiring in 1997. Millie liked to dance, listen to old songs, and watch movies. She loved all animals and was a contributor for many years to animal causes, societies, and shelters. She was a Quincy Emblem Club #22 member and a member of the Sacred Heart Silver Citizens. Millie was a hard worker, independent, and patient person.

Niece of the late Lillian Kennefick, Marion Murphy, and Maude Gately. Cousin of



MILDRED T. HOLBERT

Ann Ortiz of Dorchester and the late Walter F. Gately Jr. Longtime companion of the late Louis E. Pasco III. Dear friend of Craig S. Pasco of Wentworth, New Hampshire. Millie had many dear friends that she loved. Millie's life has left a lasting impression on all the lives she touched.

Visiting hours were held Monday, July 25, 2022, in the Keohane Funeral Home, 785 Hancock St., Quincy.

A Celebration of Life Service was held in the funeral home on Monday, July 25, 2022, prior to the Funeral Mass at Divine Mercy Parish in Sacred Heart Church, Quincy.

Services concluded with interment in Blue Hill Cemetery, Braintree.

See www.Keohane.com for directions and online condolences.



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NOTICE TO READERS

Obituaries appearing in The Quincy Sun and posted on the newspaper's website are written by the funeral home handling arrangements with input from the deceased's family.

They are not written by The Quincy Sun. Obituaries are submitted by the funeral homes and are printed in The Sun space permitting.



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James C. White, 91

James C. White "Jim", of Quincy, formerly of Kenova, WV, died peacefully at home with his family on Saturday, July 23, 2022. He was 91.

Born in Huntington, WV, Feb. 7, 1931, he was the son of the late Clyde and Anne White (Treadwell) and brother to the late Jack White and late Jean Bailey. Jim was raised in WV and graduated from Buffalo High School where he played football and played trumpet in the marching band. During games he would march in his football uniform at halftime. He was a veteran of the United States Navy on the USS Taconic. He dutifully served in the Korean War. It was during his time in the Navy that he met his late wife Dorothy J. White (McLean). Jim and Dorothy were married on March 28, 1953, and had 9 children. They remained married for 67 years.

Jim enjoyed working for Trailways and traveling the United States. He would share stories of his adventures with his wife and children. Jim went back to his



JAMES C. WHITE

military roots when he took a position at the American Legion. He loved swapping stories with other veterans and military personnel. Upon retiring Jim realized that he was not the retiring type and took a job as a Security Guard at St. Mary's Hospital where he worked until he was in his 80s.

Jim loved spending time with his family and his favorite spot to take family vacations was Myrtle Beach, SC where he would spend hours building sandcastles with all the children on the beach. He enjoyed playing chess and taught every one of his nine children how to play. Jim relished the era of the singing cowboy and had every Gene Autry movie

ever made along with a wide assortment of Gene Autry Collectables. He also like listening to Bing Crosby and watching his old movies.

Jim is survived by his children Sheri Sanfilippo of Everett, MA, Richard White of Huntington, WV, Gary White of Kenova, WV, Karen Miller of Everett, MA, Susan Clifford and husband John Clifford of Quincy, MA, Julie Berry and husband Eben Berry of Brunswick, ME, 13 grandchildren and 12 great grandchildren. He is also survived by many extended family members and friends.

In addition to his wife, parents and 2 siblings he was preceded in death by his son James D. White, his son John K. White and his daughter Kimberly J. Meere.

A Funeral Mass for family and friends will be held on Thursday, July 28, 2022, at Saint Ann Parish, Quincy, at 10:30 a.m.

In lieu of flowers, memorial contributions may be sent in Jim's name to the Tunnel to Towers Foundation (t2t.org).

Catherine Casna, 88

Catherine Casna, age 88, of Braintree passed away peacefully on July 22nd.

Catherine was one of ten children born to the late John and Gladys Flaherty originally of Boston.

Catherine was a graduate of Mission Hill High School in Roxbury, class of 1950. Catherine began her long bookkeeping career at Footjoy Company in Brockton and later finished her career until retirement at W. T. Rich Construction in Newton. After retirement she volunteered at the former Quincy Hospital. Early in life she also taught CCD catechism at Sacred Heart Church in Weymouth, as she was very dedicated to her faith.

Catherine was an avid sports fan and enjoyed taking her grandsons to Red Sox and Bruins games, she cherished all time spent with her grandsons. She also loved watching the Patriots every Sunday as well as PGA tournaments. Catherine enjoyed traveling to visit family for holidays, outings with her sisters to



CATHERINE CASNA

craft fairs, concerts, plays, movies and shopping; always followed by lunch and a "sisters" photo. Catherine was a very loving, selfless, giving and humble person.

Catherine was a devoted and loving mother to Karen Partridge of Phoenix, AZ, Robert Casna and his wife Barbara of Keene, NH and Diane Chenette and her husband Paul of Quincy. She is the cherished "nana" to Erik Coggins, Ryan Casna, Patrick Partridge and Brett Casna and "great-grandmother" to Alexa, Sydney and Sasha. She is survived by siblings Mary Cole of Yarmouth, Barbara Mc-

Farland of Rockledge, FL, Tom Flaherty and his wife Donna of Fort Myers, FL, Patricia Greene of Rockland and Arlene Pearson and her husband James of Hanson as well as the late Sister Catherine St. Clare, John Flaherty, Clare McFarland and Joseph Flaherty. She is also survived by many nieces and nephews.

Relatives and friends are invited to pay their respects at McDonald Keohane Funeral Home, 809 Main St., South Weymouth, visiting hours will be held on Wednesday from 4-8 p.m.. A funeral Mass will be celebrated at Saint Clare's Church, 1244 Liberty St., Braintree on Thursday at 10 a.m.

In lieu of flowers, donations may be made in Catherine's memory to: The American Parkinson's Disease Association MA Chapter, 85 East Concord St., Boston, MA 02118 (apdama.org).

See www.Keohane.com for directions and online condolences.

Enrico M. 'Henry' Salvaggi, 90

Enrico M. "Henry" Salvaggi, age 90, a longtime resident of Quincy, died suddenly, Sunday, July 24, 2022, in the comfort of his home.

Henry was born in Bristol, R.I., to the late Ralph C. and Annie L. (Castigliano) Salvaggi. Raised in Quincy, he was a graduate of Quincy High School, Class of 1950. He was a proud member of the Quincy High School Basketball Hall of Fame.

He was employed as a utility worker at the Mass Electric Company for forty-two years, retiring in 1994.

Henry was a veteran of the Korean conflict, having served as a Corporal in the U.S. Army. He received the National Defense Service Medal.

He was a longtime active member of the Torre Dei Passeri Social Club in Quincy.

Henry was dedicated to his family and especially to his cherished grandchildren, supporting all their many activities and accomplishments.

Beloved husband of the late Evelyn N. (Fostello) Salvaggi.

Devoted father of Lynne Donadio, Ralph Salvaggi and his wife Cheryl, all of Weymouth.

Loving Papa of Richard Jean of Abington, Christopher Donadio and his wife Krystin of Wilmington, and Nicole Jones and her husband Dennis of Weymouth.

Cherished great-grandfather of Richard, Olivia, Gia and Jack.

Dear brother of Concetta A. Nicosia of Quincy and Louise M. Smith of Rockland. Henry is also survived by several nieces and nephews.

Funeral Services will be conducted at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy, on Wednesday, July 27, at 10:30 a.m. Relatives and friends are invited to attend. Visitation prior to the service from 9:30 - 10:30 a.m. Interment, with military honors, to follow at Pine Hill Cemetery, West Quincy.

For those who wish, donations in Henry's memory



ENRICO M. SALVAGGI

may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Stephanie Goss Ocko, 86

Born in Newport, RI on 6/11/1936, Stephanie passed away on 7/22/2022, in Quincy, MA.

An alumna of Simmons College, Boston University and the Harvard Extension School, she worked with the Foreign Service in the African Congo during the 1960's, before settling in Boston. A life-long researcher, writer, traveler and voracious learner, Stephanie was the author of two environmental books, five travel books, and an illustrated biography of the historical U.S. Naval hero Oliver Hazard Perry.

Previously married to

the late Stephen Ocko for 24 years, she spent the last twenty-five years of her life with partner Roger Archibald. Stephanie is also survived by her son Peter Ocko and five grandchildren of Venice, CA. She will be deeply missed by all.

Those wishing to make a donation in her memory are encouraged to support the Trustees of Reservations World's End Reservation in Hingham, MA, which Stephanie and Roger happily visited many times. <https://thetrustees.org/place/worlds-end-hingham>.

See www.Keohane.com for online condolences.



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More Obituaries On Page 24
and online at
www.TheQuincySun.com

OBITUARIES

Muriel M. Lahage, 95

Muriel M. (Cousins) Lahage of Quincy passed away on July 22, 2022, at the age of 95. Born and raised in England, Muriel

was a homemaker. She was a World War II warbride, having met her husband Nicholas in England while he served in the Mighty 8th



MURIEL M. LAHAGE

US Army Air Corps.

Muriel was the beloved wife of the late Nicholas M. Lahage; dear daughter of the late Walter Cousins and Edith Darby, loving mother of the late Leslie N. Lahage, Madeleine Norman and her husband Joseph of Quincy,

Teresa Nasif and her husband Kenneth of West Roxbury, Nicholas S. Lahage of Quincy; devoted grandmother of Richard Norman, James Norman, Kenneth Nasif, Michael Nasif, Jennifer Amber, Les Lahage, Rachel Lahage, and David Lahage; and survived by 7 great-grandchildren.

Family and friends are invited to visiting hours on Thursday, July 28th from 4 p.m. - 7 p.m. at the Dennis Sweeney Funeral Home, 74 Elm St., Quincy Center. On Friday there will be a gathering at the funeral home at 9 a.m. followed by a Funeral Mass at 10 a.m. at St. Joseph Church, Quincy.

Burial to follow at Mount Wollaston Cemetery, Quincy.

Robert 'Tony' Athas, 78

Robert "Tony" Athas, age 78, of North Quincy, originally from South Boston and a longtime summer resident of Brewster, died peacefully, Saturday, July 23, 2022, at Tufts Medical Center in Boston.

Tony was born in Boston and raised in South Boston.

He lived in North Quincy for the past thirty-six years, previously in South Boston. He summered in Brewster for over forty years.

Tony loved to golf and was a talented player. He was a longtime member of The Captains Golf Course in Brewster.

Beloved husband of Jean A. (Smith) Athas. Together for forty-six years, they were married for thirty-six years. The two were best friends and inseparable.

Devoted son of the late Mildred (Libby) Rusteika and her late husband Steve.

Dear brother of Peter Athanasopoulos, Stephen F. Rusteika, Jr. and his wife Kitty, Kathaleen Callahan, and the late Richard Athanasopoulos and his surviving wife Janice.

Tony is also survived by many nieces and nephews.



ROBERT 'TONY' ATHAS

Visiting hours will be held at the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy, on Wednesday, July 27, from 4 - 6 p.m. Relatives and friends are invited to attend. A Funeral Mass will be celebrated at Saint Agatha Parish, 432 Adams St., Milton, on Thursday, July 28, at 10:30 a.m. Interment to follow at Pine Hill Cemetery, West Quincy.

In lieu of flowers, donations in Tony's memory may be made to Saint Agatha School, 440 Adams St., Milton, MA 02186.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Sheriff's Are You OK? Program Saves Life Of Norfolk County Senior

Norfolk County Sheriff Patrick McDermott announces the office's "Are You OK?" program helped save the life of an area senior recently, and he praised the staff and first responders who were able to provide

rapid care to the gentleman in distress.

"This program saves lives," said Sheriff McDermott, "and the quick response of our dispatcher and the emergency person-

Cont'd On Page 25

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO22P1822EA
Commonwealth of Massachusetts
The Trial Court

Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Lee Ferraro
Date of Death:
05/03/2004

To all interested persons:
A Petition for Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by Sally F. Dean of Jamaica Plain, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Sally F. Dean of Jamaica Plain, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 8/17/2022. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: July 19, 2022
COLLEEN M. BRIERLEY
Register of Probate

7/28/22

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO22P1878EA
Commonwealth of Massachusetts
The Trial Court

Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Kevin T. O'Malley
Date of Death:
11/8/2021

To all interested persons:
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Barbara M. DePesa of Quincy, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Barbara M. DePesa of Quincy, MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 08/24/2022. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: July 18, 2022
COLLEEN M. BRIERLEY
Register of Probate

7/28/22

LEGAL NOTICE

LEGAL NOTICE

SHERIFF'S SALE COMMONWEALTH OF MASSACHUSETTS

Norfolk, SS

By virtue of Execution #2156FJ000001 issued by the Quincy District Court, wherein, Great Plains Capital Corporation is named Judgment Creditor(s) and Wo lo Ma is named Judgment Debtor(s), on the eleventh (11th) day of August in the year two thousand and twenty-one, having levied upon seized and taken all the right, title and interest in and to the lands in the City of Quincy hereinafter described in Book:39726 Page:35 at the Norfolk County Registry of Deeds as follows:

with quitclaim covenants, Unit No. 137 ("Unit") in the Building located at 195 Independence Avenue, Quincy, Norfolk County, Massachusetts ("Building") of the condominium known as Independence Condominium ("Condominium") Quincy, Norfolk County, Massachusetts General Laws, Chapter 183A, by Master Deed dated August 12, 1981 recorded with Norfolk Registry of Deeds on August 13, 1981, at Book 5909, Page 189 and as amended.

Said Unit No. 137 contains 430 square feet, more or less, and is shown on floor plans of the Building recorded simultaneously with said Master Deed and on the copy of the portion of said plans attached hereto and made a part hereof, to which is affixed the verified statement of a registered architect in the form required by Section 9 of said Chapter 183A. The post office address of the Unit and the grantee is 137 Independence Condominium, Independence Avenue, Quincy, Massachusetts 02169.

Said Unit No. 137 is hereby conveyed together with a .8899% undivided interest in the common areas and facilities described in said Master Deed and in the Declaration of Trust of Independence Condominium Trust dated August 12, 1981, recorded with Norfolk Registry of Deeds on August 13, 1981 at Book 5909, Page 203, as amended.

On 8/23/2022 at 2:00 PM at the Deputy Sheriff's Office located at 181 Parkway, Quincy, MA 02169 I will sell said right, title and interest at public auction, for certified bank check, to the highest bidder, together with all costs and fees thereon. Said sale of land subject to any and all encumbrances of record.

NOTICE REGARDING ON-SITE SEWAGE DISPOSAL SYSTEMS

You are hereby notified that Massachusetts Regulations (Title 5 Regulations) require an inspection of on-site sewage disposal systems when there is a transfer of title to real estate. Any purchaser or transferee of real estate served by an on-site sewage disposal system is obligated to inspect, and if necessary, to upgrade a system in accordance with the provisions of Code of Massachusetts Regulations (CMR). You are hereby referred to 310 CMR 15.300-15.305 for time periods to do so and other requirements.

The office of the Deputy Sheriff has no information about whether the real estate in question is served by an on-site sewage disposal system.

Anita T. Aldoupolis
Deputy Sheriff

Attorney for Creditor:
Wong Fleming
James Haney, Esq.
821 Alexander Road, Ste. 200
Princeton, NJ 08540
7/28, 8/4, 8/11/22

Norfolk County Sheriff
Civil Process Division
181 Parkway
Quincy, MA 02169
(781) 326-1787 ext. 3575

Court Sides With Boston In Bridge Dispute

Cont'd From Page 20
officials were quick to oppose the proposal to rebuild the bridge, citing the impact its reopening could have on traffic in Squantum and other parts of the city.

The Quincy Conservation Commission denied Boston's application to rebuild the bridge later on in 2018. In its decision, the commission stated Boston had not provided sufficient information about how Boston would mitigate the environmental impacts of repairing and replacing the piers as well as repairing the road that provides access to the bridge.

Following that denial, Boston sought a superseding order of conditions from the DEP and also appealed the ruling in Superior Court. The DEP did grant a superseding order of conditions for the project, which overruled the commission's denial, and a Superior Court judge remanded the matter back to the commission so members could consider additional information; the commission denied the permit once again after the information was submitted.

After the case returned to Superior Court, a judge in late 2020 ruled in favor

of Boston, finding that the project would be governed by the DEP's superseding order of conditions. The city of Quincy appealed that decision and that appeal was heard by the Supreme Judicial Court.

As it had in Superior Court, Quincy argued in its appeal before the high court that the city's local wetlands ordinance is more stringent than the state's Wetlands Protection Act. In Monday's ruling, the SJC said Quincy did not explain how the commission's analysis differs from the analysis undertaken by the DEP.

"The commission claims it relied on the local ordinance's reference to 'cumulatively adverse effect[s] upon wetland values,' and that this language is more stringent than the language in the act. According to the commission, it did not have enough information to determine the cumulative effects of the work that would occur on the piers and the access road," Lowy wrote.

"The commission does not explain in its brief, and did not explain in its decisions denying Boston's application, how its own analysis differs from the analysis that the DEP was authorized

to perform. Accordingly... we conclude that the DEP's superseding order of conditions preempts the commission's determination."

In terms of the environmental impacts associated with repairing the piers, the high court stated that the "regulations that the commission cited in its initial decision exclusively were DEP regulations supplementing" the state Wetlands Protection Act.

"Therefore, the commission did not rely on the local ordinance for its decision on the piers. As such, the DEP's analysis regarding the piers controls because the DEP's interpretation of the act supersedes that of the commission," Lowy wrote, pointing to a 2016 ruling in a different case by the state's Appeals Court.

"Moreover, even if the commission also applied the local ordinance to the piers, its analysis cannot stand because the ordinance does not treat more stringently than the act the factors that the commission considered."

The SJC noted the Quincy Conservation Commission was concerned about "the impact that the piers would have on fisheries, wildlife habitat, pollution,

land under the ocean, and land containing shellfish," all of which are considered by the Wetlands Protection Act.

Quincy's local ordinance, the court continued, "also references these factors, but does not provide rules or definitions more stringent than those found in the act and the regulations. Rather, the local ordinance is concerned almost entirely with the procedure for permit applications."

"These sections do not give the commission additional authority over fisheries, wildlife habitats, pollution, land under the ocean, or land containing shellfish that the DEP does not also have," Lowy wrote.

Quincy had also argued the commission was provided with insufficient information on the wetlands impacts associated with repairing the access road to the bridge. The commission cited a memorandum from its engineering consultants that found the roadway would need additional work that Boston had not included in its notice of intent.

In Monday's ruling, the court said that the DEP was required to consider all impacts associated with repair-

ing the access road.

"The impacts with which the commission's consultants and the commission were concerned were within the DEP's purview," Lowy wrote.

"The DEP addressed the access road in its superseding order of conditions, stating that, according to the notice of intent, approximately 126 [square feet] of buffer zone will be permanently altered as a result of roadway and lighting improvements. The DEP also cited the assertion in Boston's notice of intent that '5,218 [square feet] of buffer zone associated with coastal bank... will be temporarily disturbed.'"

Lowy continued, noting that, "If the DEP thought that there were other road-related impacts affecting wetlands, it was required to address them - even if they concerned parts of the access road outside the areas addressed by," the Wetlands Protection Act.

The DEP could have also denied Boston's application if, like the commission, it felt Boston had not provided adequate information, the court stated.

"If DEP agreed with the commission that Boston had presented insufficient information about impacts related to the access road, it would have denied Boston's application on that basis,"

Lowy wrote.

"Accordingly, the superseding order of conditions preempts the commission's decision to the extent that the commission's decision was premised on impacts related to the access road."

LEGAL NOTICE

CITATION ON PETITION FOR FORMAL ADJUDICATION
Docket No. NO22P1774EA

Commonwealth of Massachusetts The Trial Court Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200

Estate of:
Frances E. Boyle
Date of Death:
02/06/2022

To all interested persons:
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Joanne M. Simpson of Hampstead, NH requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Joanne M. Simpson of Hampstead, NH** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 A.M. on the return day of 08/24/2022. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: July 20, 2022
COLLEEN M. BRIERLEY
Register of Probate

Are You OK? Program Saves Life Of Norfolk County Senior

Cont'd From Page 24

nel she contacted helped save another. This program should be used by anyone who needs the peace of mind that comes with knowing that someone is there to check on you when you live alone."

During a check-in call on the morning of July 1st, an 80-year old participant of the program answered his daily call but did not sound

well, according to the dispatcher. When she called him back to ask if he was okay, he responded that he was feeling unwell and was very weak. The dispatcher asked him if she could call an ambulance to evaluate him, to which he agreed. After emergency personnel arrived, he was taken to South Shore Hospital for further evaluation. He is expected to return home in the com-

ing days.

"The 'Are You OK?' program is designed to provide a lifeline to help give people the confidence to live independently, regardless of age," said Sheriff McDermott. "This program is completely free available to all Norfolk County residents."

The "Are You OK?" program is provided free of charge to all Norfolk County residents, including

seniors and residents with disabilities. The service provides participants with a daily check-in call 365 days a year, which is monitored by staff from the Norfolk County Sheriff's Office and Fallon Ambulance.

Seniors interested in signing up for this no cost, potentially life-saving program can contact Deputy Sheriff Cheryl Bamberg at 1-866-900-7865 (RUOK).

Photography For Smart Phones Topic Saturday At Library

Love those flowers or other colorful subjects in nature?

Want to take better images of people, pets, nature or other subjects with your smart phone?

The Thomas Crane Public Library invites the public to "Photography for Smart Phones" with Joy Marzolf on Saturday, July 30, from 2 to 3 p.m. In case of inclement weather, this program will be moved to the Community Meeting Room inside the Main Library.

Learn tips on composition, lighting and other ways to improve your photography. Also addressed will be some of the optional settings, including editing, available on many cell phones that can lead to better images.

Registration is required for this event. Visit the Crane Library website.

The program is sponsored by the Friends of the Thomas Crane Public Library.

INVITATION TO BID

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS
PURCHASING DEPARTMENT
1305 HANCOCK STREET, QUINCY, MA 02169

The City of Quincy invites sealed bids for building for the City of Quincy:

PLANTING & FENCING IMPROVEMENTS @ CLIFFORD MARSHALL ELEMENTARY SCHOOL

AUGUST 11, 2022 @ 11:00 AM

PUBLIC BUILDINGS

The City of Quincy invites vendors to bid on the Planting, Fencing and Improvements @ Clifford Marshall Elementary School, 200 Moody Street, Quincy, MA 02169

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and also available at the office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM.

Bids must be in a sealed envelope. The outside of the sealed envelope is to be clearly marked "BID ENCLOSED" with time/date of bid call. Late Bids/Proposals, delivered by mail or in person, will be rejected.

All in accordance with Massachusetts General Law chapter 30 sec 39 m. Bids will be received at the office of the Purchasing Agent until the time and date stated above.

Each bid shall be accompanied by a bid security in the amount of five percent (5%) of the total value of the bid in the form of a bid bond or certified/treasurer's check.

Work will be conducted outside the building on school grounds. NO PERSON without proper and clean CORI background check will be permitted to work on the school ground. Last questions will be received until August 5, 2022 @ 12:00 p.m.

The bidding and award of this contract shall be in full compliance with Massachusetts General Laws, Chapter 30, Section 39M, as last revised. All Federal, State and City of Quincy regulations and subject to the minimum wage rates set under the Massachusetts Prevailing Wage Law Chapter 149, §26 to 27H and/or any applicable federal rates. The City reserves the right to waive any informality in or to reject any or all bids when such an action is deemed in the best interests of the City.

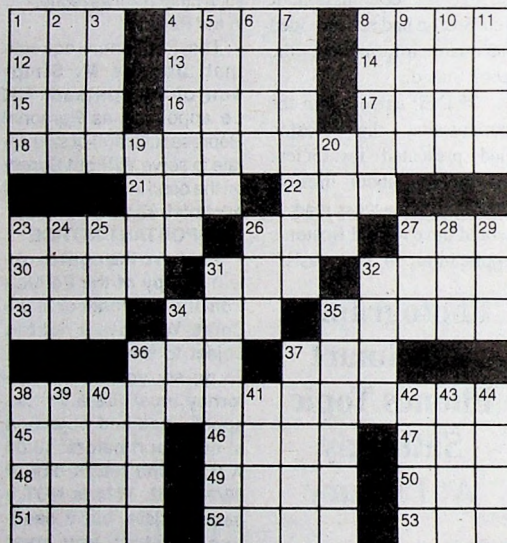
The right is reserved to reject any or all bids or to accept any part of a bid or the one deemed best for the City and waive any informalities in the bidding if it is in the best interest of the City to do so.

Thomas P. Koch, Mayor
Kathryn R. Logan, Purchasing Agent
7/28/22

SUN FUN PAGES

King Crossword

- ACROSS**
- 1 Sharp turn
 - 4 Help a crook
 - 8 Feudal slave
 - 12 — bind
 - 13 Put on
 - 14 Tow
 - 15 Up to
 - 16 Taj Mahal city
 - 17 Canadian gas brand
 - 18 Gorgonzola, for one
 - 21 Hairy Addams cousin
 - 22 Bit of advice
 - 23 Forgeries
 - 26 Clear the deck?
 - 27 Melancholy
 - 30 Incursion
 - 31 Ruin the veneer
 - 32 Robust
 - 33 Thanksgiving veggie
 - 34 Prom rental
 - 35 Washer phase
 - 36 Droop
- DOWN**
- 37 Abysmal
 - 38 Brunch entree
 - 45 Heap
 - 46 Roll call reply
 - 47 Literary collection
 - 48 On the briny
 - 49 Hurler
 - 50 Book-spine abbr.
 - 51 "— the Knife"
 - 52 Tiny amounts
 - 53 Request
 - 11 Drifting ice
 - 19 Fibbed
 - 20 Trendy
 - 23 Saute
 - 24 Bond rating
 - 25 Kipling lad
 - 26 Upper limit
 - 27 Pouch
 - 28 100 percent
 - 29 Scottish river
 - 31 Hood's photo
 - 32 Jekyll's bad side
 - 34 — chi
 - 35 Caravan mammals
 - 36 Sly one
 - 37 Yawning, maybe
 - 38 Pesky email
 - 39 Tower city
 - 40 Sir Guinness
 - 41 Wife of Zeus
 - 42 Volcanic flow
 - 43 Eve's grandson
 - 44 Chat



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MAGIC MAZE

UNITED STATES
ATTORNEYS
GENERAL

CGAXVSQOLJHECAX
VTORPHN(KENNEDY)L
JHFNDBGTTBLYXVTR
POMKZIRRFMDGERD
BZXWUAAAUOTDYRR
HQONPDLKBNBREIAL
JCIAFGAEFDNCTBD
CSNOISSESKORHAY
XORYEWVTNNILOSS
BDRYLPOLIEWNLPHA
KJIGFEPREDLOHT

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: FIRST FEMALE JANET —

Ashcroft	Bradford	Lynch	Sessions
Barr	Gonzales	Mukasey	Thornburgh
Biddle	Holder	Pinkney	Wirt
Bonaparte	Kennedy	Randolph	

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HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Corage is smaller. 2. Bracelet is missing. 3. Tie is moved. 4. Star is moved. 5. Moon is different. 6. Urn is different.

Trivia test

by Fifi Rodriguez

1. GEOGRAPHY: What is the largest island in Canada?
2. MOVIES: What is the name of the bully neighbor boy in Disney's "Toy Story"?
3. LANGUAGE: What is a cruciverbalist?
4. TELEVISION: Which TV sitcom character calls his son-in-law "Meathead"?
5. HISTORY: What is the Danegeld, a tax levied in Anglo-Saxon England from the ninth through 11th centuries?
6. MUSIC: Which pop music band was the first to appear on children's lunchboxes?
7. U.S. PRESIDENTS: Which president is linked to the teddy bear?
8. ANIMAL KINGDOM: How big are baby kangaroos when they're born?
9. FAMOUS QUOTES: Which

19th-century author and philosopher once said, "One must maintain a little bit of summer, even in the middle of winter?"

Answers

1. Baffin Island.
2. Sid.
3. Someone who designs or enjoys solving crossword puzzles.
4. Archie Bunker, "All in the Family."
5. The tax receipts were used to buy off Viking invaders and provide for defense.
6. The Beatles.
7. Theodore Roosevelt. It was invented in his honor after he refused to kill a bear on a hunting trip.
8. About 1 inch.
9. Henry David Thoreau.
10. Sprite.

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Wishing Well®

3	8	2	5	3	4	6	2	5	6	8	5	8
A	A	P	D	R	A	A	R	Y	R	W	N	O
2	3	2	3	8	2	8	4	7	6	4	6	3
O	E	F	W	R	I	K	L	J	A	O	D	A
2	3	2	3	6	5	2	3	5	2	3	5	8
T	R	F	D	I	A	R	I	M	O	N	I	O
3	5	3	6	2	4	5	7	3	5	6	5	3
G	C	C	A	M	N	C	O	A	A	N	R	R
7	6	5	2	6	7	2	5	4	8	3	4	6
Y	T	E	E	S	F	X	E	G	F	E	L	M
4	5	3	2	6	3	7	8	2	6	7	8	4
I	R	E	P	I	R	U	L	E	L	L	O	F
2	8	7	2	4	2	8	7	2	6	2	7	2
R	V	D	I	E	E	E	A	N	E	C	Y	E

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) A misunderstanding tests the temperament of the sometimes headstrong Aries. But instead of blowing your top, take time for a pleasant diversion while things cool down.

TAURUS (April 20 to May 20) A workplace problem could make the divine Bovine see red. But talk it out before you consider walking out. Some surprising facts emerge that change your earlier focus.

GEMINI (May 21 to June 20) You face a choice between ignoring your uneasy feelings about your relationship with that special person and demanding explanations. A close friend offers wise counsel.

CANCER (June 21 to July 22) A change you'd been hoping for carries an unexpected complication. Stay the course, and things will work themselves out. Be sure to make time for family and friends.

LEO (July 23 to August 22) Aspects favor spending time with loved ones. On the job, new ideas are generally welcomed. But some demands for changes could cause problems. Be ready to defend your choices.

VIRGO (August 23 to September 22) Good news: That workplace problem is close to being resolved with results that should please everyone. Take time off to indulge your love of fun and games.

LIBRA (September 23 to October 22) Most of the time, you are the most unflappable person around. But be ready to be thrown off-balance in the

nicest way when Cupid takes aim in your direction.

SCORPIO (October 23 to November 21) It's not often when someone tries to "sting" the sharp-witted Scorpion. But it can happen. Continue to be skeptical about anything that seems too good to be true.

SAGITTARIUS (November 22 to December 21) Your strong sense of self-esteem helps you serve as a role model for someone who needs personal reassurances. Your efforts pay off in an unexpected way.

CAPRICORN (December 22 to January 19) Someone close considers revealing a painful secret. Withhold any judgment. Instead, open your generous heart and offer dollops of your love and understanding.

AQUARIUS (January 20 to February 18) Your talents as a peacemaker are called upon once more, as an old problem re-emerges with new complications. Move cautiously in order to avoid falling into hidden traps.

PISCES (February 19 to March 20) The artistic side of yourself is enhanced with the reception given to your new project. Use this success as encouragement toward fulfilling your larger goals.

BORN THIS WEEK: Your natural sense of leadership is combined with a deep sense of responsibility. People trust you to give them both guidance and understanding.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

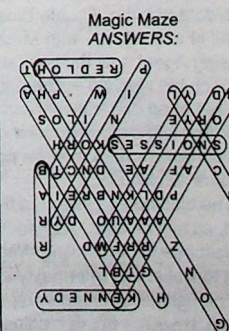
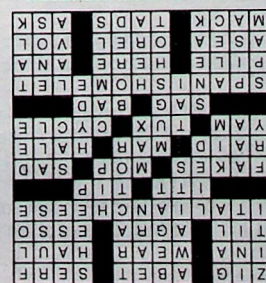
Clue: D equals G

LO BZP PN UNPDOI IOUH NP ESZE
NUK INBJOE EN UYAE NAA ESO
DINCPK. YE'F PNE ESICFE-LNIESH.

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King Crossword — Answers

Solution time: 21 mins.



We can no longer rely on that old creaky lift off the ground. It's not thrust-worthy.

CryptoQuip answer

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD – Has Reese Witherspoon met her match? She'll co-star with Will Ferrell in a film so secretive that not only has the plot been kept secret, but the title as well! Witherspoon also got word her series "The Morning Show" has been renewed for season 3 and her rom-com "Your Place or Mine" opposite Ashton Kutcher is awaiting release. Meanwhile, in addition to "Barbie" (releasing July 2023), Will Ferrell has a Christmas musical "Spirited," with Ryan Reynolds and Oscar-winner Octavia Spencer, in the works.

Captain America meets Mary Poppins! Chris Evans ("Captain America" in 12 Marvel films) will star alongside Emily Blunt (of "Mary Poppins Returns" and "A Quiet Place" movies) in "Pain Hustlers" – a movie about a high-school dropout who lands a job with a failing pharmaceutical startup in Florida. Evans also can be seen on-screen July 15 in Netflix's "The Gray Man," with Ryan Gosling, and has the Apple TV+ rom-com "Ghosted," with Ana de Armas and Adrien Brody, coming soon. Emily Blunt has "Oppenheimer" in theaters July 2023.

Zoe Kravitz (Lenny's little girl) will make her directing debut with MGM's "Pussy Island." She's assembled a cast of seasoned pros, with Channing Tatum, Christian Slater, Geena Davis, Kyle

MacLachlan, Simon Rex and Haley Joel Osment. It follows an LA cocktail waitress who sets her sights on Tatum's character. Tatum's "Lost City," with Sandra Bullock, did really well, earning \$191 million.

Looks like Taron Egerton will pick up where Hugh Jackman left off with Wolverine. The "Rocketman" Oscar nominee (for playing Elton John) is no stranger to action films after "Kingsman: The Secret Service" (2016) and "Kingsman: The Golden Circle" (2017). His six-part Apple TV+ series "Black Bird" dropped July 8. Funny that he should shadow Hugh Jackman, who was Wolverine and then became a music man in "The Music Man" on Broadway.

At a party in the home of Larry Block, publisher of the online newspaper WEHOville, Ben Savage of "Boy Meets World" (1993-2000) announced his candidacy for the West Hollywood City Council. Just another actor going into politics? Not quite. Savage received a degree in political science from Stanford University and interned for U.S. Sen. Arlen Specter. At 41, he's lived in West Hollywood for 10 years and wants to make it a better place to live. Maybe the only way we can change West Hollywood is to unleash a Savage onto it!

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	+		×		17
-		-		+	
	×		-		10
×		×		×	
	×		+		13
10		20		21	

1 2 3 4 4 5 6 8 9

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KOVELS' Antiques & Collecting

By Terry and Kim Kovel

Enamel Ware – Enamel has been used to decorate metal since medieval times, creating elaborate designs on copper, silver and other metals. Enamelled pieces for home use were rare before the 1800s. Around 1880, a few artists on the East Coast made plaques picturing nature to decorate a metal box or lid for a bowl. These pieces by artists like Gertrude Twitchel sell for thousands of dollars today.

Enamelled metal bowls and ashtrays were favored gifts. Modern jewelry, vases, desk sets and even large wall plaques were made in art schools. Colorful geometric designs, flower forms and imaginative modern creatures were favored. Artists signed the enamels on the front or back if selling through a shop, but many independent artists left their work unsigned.

An 11-inch-diameter shallow bowl with a stylized picture of a rooster, fish and three round, thin-line designs on the front was signed "Karamu OH Hykes" on the back. It was unidentified when first offered for sale, but a Cleveland collector realized it was made by Sterling Vance Hykes (1917-1974), a talented artist who taught at Karamu, a Cleveland settlement house. His work sells for several thousand dollars today. Unidentified, it would probably bring about \$400 or so because of the talent it showed.

Q: When I unpacked some Johnson Brothers Old Staffordshire dishes after two years of no use, there was a brownish powder coming from the dinner plates. Are they safe to use? Would they have lead glaze? The plates were in my family from the 1950s.

A: The brownish powder may have come from the packing materials or the cardboard

box the dishes were packed in. Some antique porcelain was decorated with lead glaze. If the glaze is cracked or chipped, the lead can leach out. It's best not to eat acidic food on old china, and do not store food in it. The Food and Drug Administration set regulations on the amount of lead in glazes on ceramic dishes used for food in 1971. The standards have been revised since then. Dishes don't have to be lead-free, but plates cannot contain more than 3 parts per million of leachable lead. Your dishes were made before those safety standards were set. The only way to determine if the glaze on your dishes has lead in it is to test it. You can buy a home lead testing kit or see if your local health department can test the dishes.

CURRENT PRICES

Stein, regimental, lithophane, Infantry Regiment 11th Co., Munchen (Munich), 1903-1905, soldiers, rampant lion, banners, pewter lid with injured soldier holding drink, Germany, 11 inches, \$25.
Toy, Yogi Bear, hopping, lithographed tin, windup, Line-mar, box, 1961, 4 1/4 x 3 1/4 x 2 1/2 inches, \$525.
Cameo glass vase, gold iridescent, acid cut bands and a band of roses, ovoid, tapered neck, flared rim, signed Durand, 7 1/2 x 7 1/2 inches, \$1,765.

TIP: Don't put glass with an iridescent finish in the dishwasher. The hot water and soap will remove the finish.

Looking to declutter, downsize or settle an estate? Kovel's Antiques & Collectibles Price Guide 2022 by Terry and Kim Kovel has the resources you're looking for.

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Strange BUT TRUE

• The Psychotria elata flower, also affectionately known as the "hot lips plant," which grows in the rainforests of Central and South America, resembles a puckering mouth covered in lipstick.

• After losing a drunken poker bet in 2009, a New Zealand man had his name legally changed to "Full Metal Havok More Sexy N Intelligent Than Spock And All The Superheroes Combined With Frostnova." After five years, the new moniker was finally approved by the government, and all 99 characters are on his passport.

• In Oklahoma, it is illegal to wear boots to bed (but shoes are OK).

• According to a 2014 survey by the Christian retailer LifeWay, 7% of Christian Americans pray for a parking spot.

• In 1956, four men on a boat off the coast of Cornwall threw explosives at a shark to kill it, or at least

scare it away from divers, but the plan partially backfired, killing two of the men and injuring the others when the shark headed for them instead with an explosive device on its back.

• "Ouijazilla," in Salem, Massachusetts, holds the unofficial title of the "World's Largest Ouija Board" at 3,168 square feet and approximately 9,000 lbs.

• Charlie Daniels objected to the use of "The Devil Went Down to Georgia" in the Guitar Hero III video game because it was possible for the player to lose to a devil-like character, which "perverted" his song.

• No matter what it might feel like, to the contrary, when you're suffering from one, the majority of microbiologists say viruses are not actually alive, as they produce no energy and can only reproduce when inside a living creature.

Thought for the Day: "It isn't the mountains ahead to climb that wear you out, it's the pebble in your shoe." – Muhammad Ali

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Now here's a tip!

by Jo Ann Derson

• "When painting, write the name and brand of paint under the room's light switch plate. If you ever need to go out and buy more, you will know where to start." – R.K. in Montana

• My family has always used mayonnaise as a salve on minor burns. I heard you can use toothpaste too. – Sam P. via e-mail

• Add these to the list of items to eliminate the odor of cooking cabbage: a heel of bread, a whole walnut or a pinch of baking soda.

• To travel with pleated skirts, use this packing trick: Turn the skirt inside out and straighten all the pleats. Then tape the bottom so that all the pleats are held together. Next, feed the skirt into a leg of pantyhose with the foot cut off. You end up with a nice tube, which you can tuck

into the sides of your luggage.

• When traveling for more than a few days, stick your plants into the bathtub with a little bit of water. They soak it up, and you don't have to have someone come over and water your plants. This will only work for a week or less, though. – John McF. of Baton Rouge, Louisiana

• I keep grocery lists on my computer. When I am going to go shopping, I print out the list and fold the paper in half. Then I slip my coupons into the fold. Keeps them handy when I am shopping. – Reader in Maryland

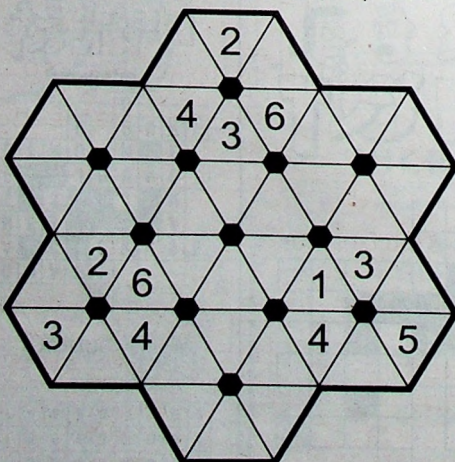
Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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STICKELERS

by Terry Stickels

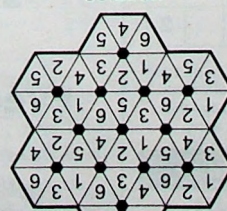
There is a logical sequence in the set of numbers below. Can you figure out what number should come next?

9 21 51 81 12 42 ?

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SNOWFLAKES

solution



Go Figure! answers

	21	20	10
13	3	5	2
	×	×	×
10	6	4	4
	+	-	-
17	1	8	9

Sticklers Answer

numbers are reversed.
9, 12, 15, 18, 21, 24, and the double-digit.
The number 22 should come next. Each

Super Crossword

MAKE JOKES

ACROSS

- 1 Yearned (for)
7 Zion National Park locale
11 Fracas
14 Domino's order
19 Colorado River tribe
20 Quarterback Tony
21 Bible book after Exod.
22 PC letter
23 Bought an expensive Camaro?
26 Desert plants
27 "— all true!"
28 Hit the slopes
29 Crooning while standing atop a Rio?
31 Glimpses
33 Large African antelope
36 Pianist Schiff
37 Request to your Accord when you need to get somewhere in a hurry?
42 Triton's realms
43 Snake noise
47 — Lingus
48 Traffic jam
50 Funny
52 Color ranges

- 56 City where the Model 3 is produced?
59 Adjust
60 Land in eau
62 Raggedy —
63 Tripled trio
64 Why you don't want to give up your beloved Q??
70 Has food
71 Sparkly stone
72 From long ago: Abbr.
73 Once-big news agcy.
74 "Silkwood" co-star
78 Declaration when a Regal stalls in traffic?
82 VIP roster
86 London loc.
87 Clink dweller
88 Shire of "Rocky"
89 Charger being dismantled for scrap metal?
94 Permitted
96 San — (city)
97 WSW of Sacramento)
97 Unceasingly
99 Up to, in brief
100 Pace
101 Don of talk radio

- 104 Things provided by joyrides in a Grand Cherokee?
109 Crude shed
111 Knightly title
112 Caulk, e.g.
113 Action words used in Continental ads?
119 Forest hooter
122 Rapa — (Easter Island)
123 Large city in Nebraska
124 Put a wheel boot on a Mustang?
128 Cato's language
129 Ocean east of Fla.
130 Burn balm
131 Main course
132 Nerve cell projections
133 Pekoe, e.g.
134 Oxen connector
135 Vocalizes Alpine-style

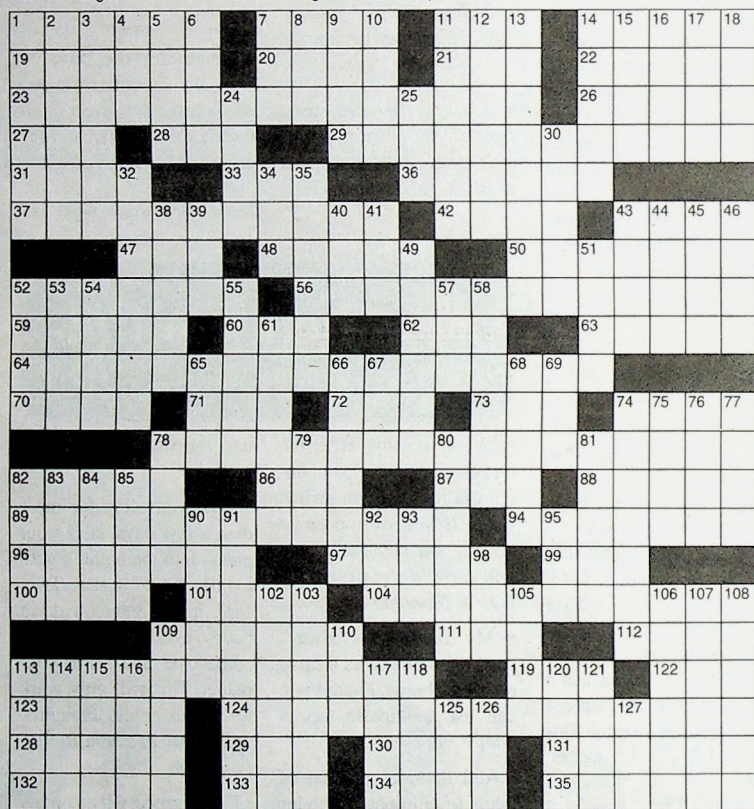
DOWN

- 1 Mischievous
2 Just so
3 Chipping tool
4 Was ill with
5 Gabor and Longoria

- 6 Pack of cards
7 Suffix with depart
8 "Mazel —!"
9 Schumer and Sedaris of comedy
10 Pueblo tribe
11 Trues up
12 Make a choice
13 Pull-out part of a range
14 — Bill (Old West folk hero)
15 Somalian supermodel
16 Astros pitcher
17 Rigatoni relative
18 Et — (and more)
24 Lofty
25 Stranded cellular stuff
30 NBAer Pau
32 Gap-creating gizmos
34 NSFW part
35 Joins up
38 D.C. subway
39 Goof up
40 65% or so, gradewise
41 Vienna's nation: Abbr.
43 Cracker brand of old
44 Holy likeness
45 Equivalent

- 46 Louver piece
49 Physics Nobel Max
51 — pedi (spa option)
52 NSFW part
53 "Guilty," e.g.
54 Louisiana, par exemple
55 Mann of pop
57 "Gemini Man" director Lee
58 Acting instinctively, informally
61 Long — (ranging)
65 E followers
66 Capital of South Vietnam
67 "Ld." cousin
68 Winning by a point
69 Salsa, say
74 White wine
75 Fiery realm
76 Pennsylvania city
77 Use a book
78 Texter's "ciao"
79 Stum — Drang
80 Backdrops
81 Flight unit
82 Slightly open
83 Moon, in Italy
84 Research ctr.
85 — Ball
90 "Entrapment" director Jon

- 91 Headwear in the title of the first Ellery Queen mystery
92 FBI's govt. division
93 "Goshi!"
95 — degree
98 Print quality abbr.
102 Gen.
103 McCartney of fashion
105 Medium gait
106 "The Raven" maiden
107 Hardy's pal
108 Declines
109 Bank offers
110 Munc. law
113 Dancer
114 Hug-screen format
115 Defense gp.
116 Facial feature
117 Yrly, gift-giving occasion
118 Aviate alone
120 Milk serum
121 Jockey Jay
125 Asian pan
126 Born, to Fifi
127 Co. bringing bouquets

celebrity extra
by Dana Jackson

Q: We're really enjoying the Navy SEALs drama "The Terminal List" with Chris Pratt. Hasn't he played a SEAL before? Also, who plays his wife in the series? — D.E.

A: Chris Pratt is one of America's busiest actors. He's starred in the hit Marvel "Guardians of the Galaxy" films as well as in the "Jurassic Park/World" franchise, but one of his favorite genres has to be military action stories. He first played a Navy SEAL in the 2013 movie "Zero Dark Thirty," which was based on the killing of Osama Bin Laden.

According to "Military Times," for the role, Pratt "shadowed" Jared Shaw, a real Navy SEAL, whom he now counts as one of his "very best" friends — and who also was a groomsman in Pratt's wedding to Katherine Schwarzenegger.

The Amazon series "The Terminal List" is based on a series of books by Jack Carr. Pratt plays a Navy SEAL named James Reece "whose platoon is ambushed in a covert operation." Upon returning home, Reece begins to doubt his recollection of the tragic event. Authenticity is important to Pratt. According to "Military Times," he "enlisted former

special ops as technical advisors for the show," including his pal Shaw.

Riley Keough plays Lauren Reece, the supportive wife of Jack. She's been acting for more than a decade, but is probably best known as Elvis Presley's granddaughter. Her parents are Lisa Marie Presley and Danny Keough. For more Hollywood royalty on the show, keep an eye out for Pratt's brother-in-law Patrick Schwarzenegger, who plays Donny Mitchell in the series. Patrick is the son of action star Arnold Schwarzenegger and Kennedy family descendent Maria Shriver.



Riley Keough

Photo credit:
Depositphotos

It's about two Navajo tribal police officers in the 1970s, played by McClarnon and Kiowa Gordon ("Roswell, New Mexico").

Q: Is the actor who plays Officer Leaphorn in the AMC drama "Dark Winds" the same actor who played another police officer in "Longmire"? That was one of my favorite shows. — W.M.

A: Good eye! Yes, that's actor Zahn McClarnon starring in the new AMC detective series "Dark Winds." He played the chief of police of the Cheyenne Reservation on the A&E series "Longmire" and later went on to play Akecheta on the HBO series "Westworld," before landing a starring role on "Dark Winds."

In 2017, the actor suffered a fall in his home, incurring a head injury devastating enough to land him in the ICU. Fortunately, he recovered, and his career continues to flourish. "Dark Winds" is co-produced by Robert Redford and based on a series of books by Tony Hillerman.

Q: When is "La Brea" coming back? I'm sure it was renewed since it was a big hit, but when can we look forward to new episodes? — G.G.

A: Season two of the breakout hit NBC series "La Brea" premieres Sept. 27 at 9 p.m. ET. It stars Natalie Zea ("Justified") as a mother who is thrust back in time to 10,000 B.C. after a sinkhole opens up in Los Angeles. According to TVLine.com, joining the cast is Jonno Roberts ("Wrecked") as a "brilliant scientist and businessman who just might be trying to save the world."

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWs, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

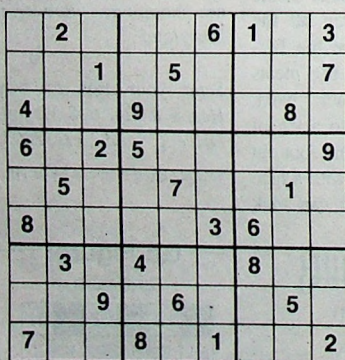
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|-----------------------|-------------|-----------------|-------------|
| 1. Eight dry quarts | — — — — — L | All tucked out | — — — — — D |
| 2. After dark | N — — — — | Vision | S — — — — |
| 3. Food closet | — — N — — — | Bakery offering | — — S — — — |
| 4. Of greater height | — A — — — — | Penn's partner | — E — — — — |
| 5. Day of rest | — — — — — Y | Ice cream treat | — — — — — E |
| 6. Plenty | — M — — — — | Forbidden fruit | — P — — — — |
| 7. Bell's invention | — — — — — E | Fake | — — — — — Y |
| 8. Los Angeles player | D — — — — — | Hotel guest | L — — — — — |
| 9. Complain | — — — — — P | Greasy dirt | — — — — — M |
| 10. Spain's neighbor | — R — — — — | Bethrothed | — I — — — — |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

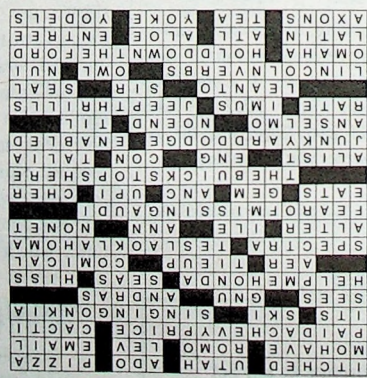
DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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Super Crossword

Answers

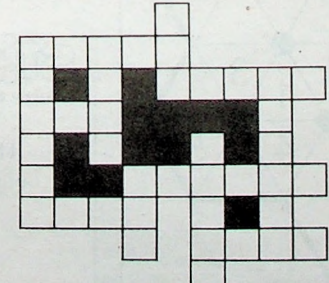


Even Exchange answers

1. Bushel, Bushel
2. Night, Sight
3. Parry, Pastry
4. Taller, Teller
5. Sunday, Sundae
6. Ample, Apple
7. Phone, Phony
8. Dodger, Lodger
9. Grape, Grime
10. France, Fiance



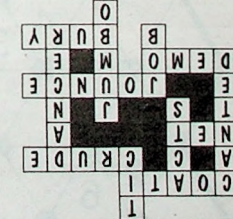
- OJB
♥ NADECT
MOJUB
♥ TASC
CONEJU
♥ ENT
♥ BYUR
♥ DUCER
ICT
♥ CADERN
TACIO
♥ EMDO



Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥ RATHER becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

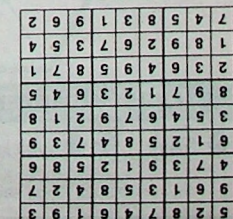


answer



Weekly SUDOKU

Answer



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Amber Waves

HEY LITTLE BUDDY. HOW ARE YOU DOING TODAY?

I CAN TELL YOU ARE THE SMARTEST IN THE FLOCK.

I'M GUESSING YOU'RE ALSO THE MOST CHARMING.

WOW, HE GATHERED ALL THAT FROM "CLUCK CLUCK?"

by Dave T. Phipps

Out on a Limb

HE LOOKS HUNGRY...

HE LOOKS BORED...

by Gary Kopervas

R.F.D.

HEY, DAD, CHECK IT OUT -- I TAUGHT BUCKSTER A NEW TRICK...

STEALTH MODE!

by Mike Marland

THIMBLE THEATRE PRESENTS

POPEYE

By RANDY MICROLAND

OH MY GORSH! IT'S HER!

MEMBER?! SHE CLAIMED TBE SWEEPEA'S MA!

I DO! LOOKS LIKE SHE'S A CON ARTIST.

MAKES ME WONDER WOT SHE WAS AFTER WIT SWEEPEA.

LOOK AT YOU, SNOOPIN' VA KNOWS BETTER!

WOT'S EATIN' ATCHA BOY?

GRANNY I WAS JUST THINKIN'...

MY REAL MOM IS OUT THERE SOMEWHERE. DOES SHE THINK ABOUT ME?

IS IT FAIR TO POPEYE THAT I WISH I KNEW ABOUT HER?

'COURSE IT IS! WE'RE VER FAMILY. BUT WE ALSO WANTS VA TKNOW 'BOOTS WHERE VA CAME FROM!

AND VER MA SED SHE LEFT VA WIT POPEVE CUE VA'S WUZ N DANGER. SHE DID WOT SHE HADDA DO TPOTECK VA, KEEP THAT LOVE IN VER HEART, SWEEPEA...

...SHE'LL ALWAYS BE CLOSE BY. STAY SAFE LITTLE ONE.

*SEPTEMBER 19, 1937

*JULY 31, 1933



"We won't be bothered with this bill anymore. This is their _____ notice."

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Alone
GLISEN

Compare
NIKEL

Hunt
CHASER

Jungle
SOFTER

TODAY'S WORD

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

1	5	6	3	4	7	2
7	6	4	7	3	3	3
3	1	2	5	5	5	4
4	1	1	5	7	2	6
6	3	4	5	2	7	7
6	2	5	1	3	4	3
6	4	1	6	3	2	5



Summer Heat Can be Deadly to Pets

DEAR PAW'S CORNER: Yesterday, our beloved corgi mix, Shemp, was laid to rest. I feel so guilty. He passed from heatstroke after being out in the backyard for just one hour. I never realized that just the heat outdoors could be deadly to dogs. I always was conscientious about dangerous situations; I never once left Shemp in a hot car or walked him on hot sidewalks. Yet a few minutes of inattention, and my Shemp was suddenly in great distress. I rushed him to the veterinarian, but he just didn't make it. Please warn your readers to keep their dogs inside on hot days and to monitor them closely for signs of heat stress. — Devastated in Houston

Dear Devastated: I am so sorry for the loss of your be-

loved Shemp. Thank you for warning other readers of the dangers of summer heat.

Being outdoors during the extreme temperatures that we've experienced this summer, often passing 100 degrees in many states, is dangerous for dogs and other pets. Here are a few ways to keep them safe from heat injury.

— Walk dogs before sunrise and after sunset. Under a hot sun, sidewalks can quickly burn a dog's paws, and heat and humidity can take a toll on their health.

— Do not leave pets outside unsupervised. Even if they're just in the backyard, you might not notice their distress until it's too late.

— Provide a shelter from the sun. A shelter with open sides and a solid top allows airflow and protects from the sun when your dog is outside.

— Make water available all day, everywhere. Carry water on walks, keep their indoor bowl full and provide a water bowl outside.

Send your questions, tips or comments to ask@pawscorner.com.

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TOP VIDEO RENTALS AND SALES

TOP TEN VIDEO, DVD for release week of July 25, 2022

Video On Demand

1. Father Stu (R) Mark Wahlberg
2. The Unbearable Weight of Massive Talent (R) Nicolas Cage
3. The Lost City (PG-13) Sandra Bullock
4. Morbius (PG-13) Jared Leto
5. Dog (PG-13) Channing Tatum
6. Uncharted (PG-13) Tom Holland
7. Firestarter (R) Zac Efron
8. Last Seen Alive (R) Gerard Butler
9. Sonic the Hedgehog 2 (PG) Jim Carrey
10. Top Gun* (PG-13) Tom Cruise

DVD, Blu-ray Sales

1. Fantastic Beasts: The Secrets of Dumbledore (PG-13) Warner
2. Everything Everywhere All at Once (R) Lionsgate
3. Downton Abbey: A New Era (PG) Universal
4. The Bad Guys (PG) Universal/DreamWorks
5. Morbius (PG-13) Sony Pictures
6. Memory (R) Universal
7. Top Gun* (PG-13) Paramount
8. Spider-Man: No Way Home (PG-13) Sony Pictures/Marvel
9. The Batman (PG-13) Warner
10. The Unbearable Weight of Massive Talent (R) Lionsgate

*Re-release

Source: Comscore/Media Play News

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Hitori answer

5	2	3	9	1	4	9
3	7	3	1	5	7	9
7	7	2	5	4	3	9
6	7	2	1	5	7	4
5	4	5	5	5	3	1
3	3	3	7	6	4	7
2	1	5	6	3	4	7

SCRAMBLERS

solution

FINAL

Today's Word

3. Search; 4. Forest

1. Single 2. Liken

MORE SUN FUN

COUCH THEATER

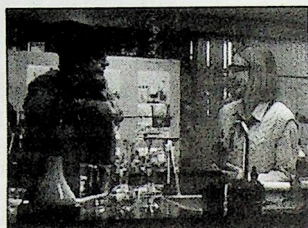
BY
DEMI
TAVERAS

"The Gray Man" (PG-13) — A new film has arrived from the Russo Brothers, who were the directors of four films within the Marvel Cinematic Universe. This action movie stars Ryan Gosling as Sierra Six — a black ops mercenary who has uncovered dangerous secrets within the CIA. Because of this, the CIA Group Chief sends spies to assassinate him, with one of Six's former colleagues, the bloodthirsty Lloyd Hansen (Chris Evans), spearheading the mission, and Six is forced to go on the run. Ana de Armas, Rege-Jean Page ("Bridgerton") and Billy Bob Thornton are just some of the stars you might recognize along the way. (Netflix)

"Topside" (NR) — In this heart-wrenching drama film, a mother named Nikki (Celine Held) raises her 5-year-old daughter, Little (Zhaïla Farmer), in the subway tunnels of New York City. Nikki, who's an addict, realizes Little deserves a better life, but when the authorities arrive in the tunnels to take Little, Nikki refuses to give her up. Instead, she takes Little to the "topside" (what Little calls the world outside of her very small one in the tunnels). Their options run out quickly, and by accident, Little gets separated from her mother, leaving them both lost in the topside without each other. (Hulu)

"Honor Society" (NR) — Honor (Angourie Rice) has had her future planned out since freshman year of high school. With one college in mind — the top college in the world — Honor has been brown-nosing her guidance counselor, Mr. Calvin, ever since she found out that he has connections

with the college's admissions staff. Mr. Calvin tells Honor that she is just one of four students that he's thinking of recommending, but only one out of the three students, Michael (Gaten Matarazzo), poses a true threat. So, Honor makes it her mission to get Michael to fall for her and, in the process, tank his grades. Thinking it unlikely that an overachiever such as herself would fail, Honor might finally find herself without all the answers and unravel her dreams for someone unexpected. Out on streaming July 29. (Paramount+)



Courtesy of Paramount

Gaten Matarazzo and Angourie Rice in "Honor Society"

"Black Bird" (TV-MA) — Drug dealer Jimmy Keene (Taron Egerton) thinks his luck has run out when he receives a 10-year prison sentence. The FBI, however, decides to offer Jimmy his freedom for a simple tradeoff: Go undercover in a maximum-security prison specializing in the criminally insane and befriend a suspected serial killer. The suspect's conviction is in the process of getting appealed, and the FBI refuses to let the suspect walk away from his alleged crimes that caused the deaths of more than a dozen women. If Jimmy can properly infiltrate this killer's mind and pull a confession out of him, he can walk out free ... but only if. The first four episodes of this limited series are out now. This is also the late Ray Liotta's last TV project. (Apple TV+)

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Contract Bridge

HANDLE WITH CARE

South dealer.

Both sides vulnerable.

NORTH

♠ 10 4 2
♥ K 8 7 3
♦ K Q 6 4
♣ Q 7

WEST

♠ A 9 7
♥ 9 4
♦ 7 5 3 2
♣ 8 6 3 2

EAST

♠ K 3
♥ A Q J 10 5 2
♦ J 10 9
♣ 10 5

SOUTH

♠ Q J 8 6 5
♥ 6
♦ A 8
♣ A K J 9 4

The bidding:

South	West	North	East
1♣	Pass	1♦	1♥
1♠	Pass	1NT	Pass
2♣	Pass	3♣	Pass
4♣			

Opening lead — nine of hearts.

Some deals require extremely delicate handling if declarer is to get home safely. Today's deal provides an example of the precision technique that might sometimes be needed.

West leads the nine of hearts against four spades. When the nine holds, West continues with a heart, ruffed by South. What should declarer do next?

If he makes the mistake of leading a low spade to dummy's ten, he will end

up a trick short of his goal. West follows low, and East wins the ten with the king. East returns a heart, and South must now lose two more trump tricks. If he ruffs the heart low, West overruffs with the nine; if he ruffs high, West simply discards and scores the ace and nine later.

Instead, declarer should cross to dummy with a diamond at trick three and lead the deuce of spades toward his hand. East's best play is to follow low, and the queen loses to the ace. Let's assume West returns a diamond. South wins with the ace but is not yet out of the woods. He must still be careful not to lead a low spade to the ten. If he does, East wins with the king and returns a heart, and once again West's nine becomes promoted.

To prevent this, declarer must be sure that the second trump lead also comes from dummy. After taking the ace of diamonds, he should cross to the queen of clubs and lead the four of spades. East wins with the king as South follows low. Declarer is now fully prepared to cope with East's heart return. He ruffs with the jack, leads a spade to the ten, picking up West's nine, and takes the rest of the tricks.

If South proceeds in the prescribed fashion, the opponents are helpless. It is simply a matter of proper manipulation of the trump suit.

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Puzzles4Kids

by Helene Hovanec

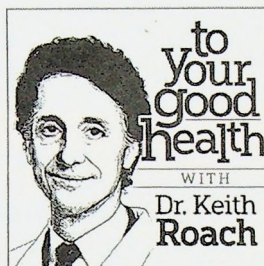
RIDDLE SEARCH — FUN AT THE BEACH

Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: What do you call poodles and pugs at the beach in July?

BIKINI
BOARDWALK
CHAIR
FISHING
FOOD
HAT
HEAT
HIGH TIDE
ICE CREAM
LIFEGUARD
LOW TIDE
PAIL
PIER
REEF
SHELL
SHOVEL
SAND
SURF
TOWEL
WATER
WAVE

L	O	W	T	I	D	E	P	F	S
F	I	S	H	I	N	G	A	R	H
H	F	F	R	E	E	F	I	U	O
T	O	W	E	L	O	A	L	S	V
B	O	H	I	G	H	T	I	D	E
I	D	E	P	C	U	S	W	T	L
K	L	A	W	D	R	A	O	B	L
I	D	T	A	H	V	N	R	O	E
N	W	A	T	E	R	D	G	D	H
I	C	E	C	R	E	A	M	S	S

Riddle answer: _____



Dr. Keith Roach

Smoking, Symptoms Biggest Factors In COPD Prognosis

DEAR DR. ROACH: I was diagnosed with COPD a year and a half ago. I seem to be unable to get answers from my pulmonary doctor, as he is always busy. How fast does COPD progress? I'm 78 years old, I'm in reasonably good health, and I exercise regularly. I have chronic bronchitis with a slight amount of emphysema. I had been coughing a little during the day, had mucus in the morning and coughed at night for two to three hours after bedtime -- to the extent of having to use a rescue inhaler to settle down and get back to sleep. After he put me on Trelegy, all of those symptoms disappeared, and I feel perfectly normal except for shortness of breath.

My other question is, what is the life expectancy of a person diagnosed with COPD? I've read answers to this all over the map, from two or three years after diagnosis to 15 or more years. I would presume that it depends on other factors such as physical condition, exercise, weight, etc. I would like some kind of guideline for someone in my condition. -- T.J.

ANSWER: There are two major types of chronic obstructive pulmonary disease: chronic bronchitis, where the primary problem is productive cough; and emphysema, which is destruction of the small airways. Shortness of breath is a common feature of all types of COPD. The most prevalent cause is smoking. I can't answer your questions on rate of progression and overall prognosis without much more

information, but it is certainly a good sign that many of your symptoms are well-controlled on treatment. The single biggest factor in rate of progression of COPD is whether you are a smoker, but not being able to exercise, being male and being very underweight are additional risk factors for faster progression. In someone with COPD, the decline over months to years can cause symptoms to occur first with exercise, and then when at rest. Once people have severe symptoms at rest, the prognosis becomes quite poor.

No medication can reverse lung damage. Inhaled steroids reduce inflammation and can slow progression somewhat. Inhaled bronchodilators open airways and make breathing easier. Inhaled anticholinergics reduce secretions. Trelegy contains all of these medicines and is appropriate for people with severe COPD or those who do not have good symptom control with a less intensive regimen.

DEAR DR. ROACH: My family recommended yoni pearls for cleansing the vagina and for prevention and treatment of vaginal bacterial infection. Are these necessary? -- J.H.

ANSWER: A healthy vagina does not need any cleaning, and any kind of herb or douche inserted in the vagina is much more likely to cause problems than prevent them, so I strongly recommend against them. Bacterial vaginosis is a condition where the normal, healthy bacteria in the vagina are outnumbered by other bacteria, such as Gardnerella and others. This outnumbering changes the vaginal pH and may cause symptoms ranging from abnormal discharge to unpleasant odor. Bacterial vaginosis is normally treated with antibiotics when symptoms are bothersome. Women who suspect bacterial vaginosis should have an examination to confirm the diagnosis.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

Comfort foods

Made fast
and
healthy



by Healthy Exchanges

Italian Garden Skillet Saute

If ever there were two shining stars of the summer garden, they would most certainly be homegrown tomatoes and sweet corn! Can you even begin to imagine an August garden or a farmers market without juicy, "vine-ripened" tomatoes or "just picked from the field" corn? Enjoy!

- 1/2 cup chopped onion
- 1/4 cup fat-free Italian dressing
- 2 cups fresh or frozen whole-kernel corn, thawed
- 1 1/2 cups chopped fresh tomatoes
- 1 tablespoon chopped fresh parsley
- 1/8 teaspoon black pepper
- 3/4 cup shredded reduced-fat mozzarella cheese

1. In a large skillet, saute onion over medium heat in Italian dressing for about 5 minutes or just until tender. Add corn. Mix well to combine. Continue cooking for 5 minutes or until corn is tender, stirring often.

2. Stir in tomatoes, parsley and black pepper. Lower heat, cover and simmer for 3 to 5 minutes.

3. When serving, place hot corn mixture on a plate and sprinkle 3 tablespoons mozzarella cheese over top. Serve at once. Makes 4 (3/4-cup) servings.

• Each serving equals: 180 calories, 4g fat, 10g protein, 26g carb., 579mg sodium, 3g fiber; Diabetic Exchanges: 1 Starch, 1 Meat, 1 Vegetable.

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- Who first released "Do Wah Diddy Diddy"?
- Name the girl group that released "You Can't Hurry Love."
- Did any of Steppenwolf's singles top the charts in the U.S.?
- Which artist wrote and released "Only the Good Die Young"?
- Name the song that contains this lyric: "To the tables down at Mory's, to the place where Louis dwells, to the dear old Temple Bar we love so well."

Answers

- The Exciters, in 1963. The song was later covered by Manfred Mann in 1964. Their version topped the chart for two weeks.
- The Supremes, in 1966. Sixteen years later, Phil Collins covered the song, and his version went to No. 1 as well.
- No. But their "Born to Be Wild" and "Magic Carpet Ride" did ... in Canada. Steppenwolf formed after the Canadian group The Sparrows disbanded.
- Billy Joel, in 1978. Joel is thought to have written the song after a high school crush he'd had.
- "The Whiffenpoof Song," written in 1907 by members of the Yale Glee Club. The Whiffenpoofs (aka The Whiffs) are the oldest college a cappella group. Fourteen seniors are selected each year to re-create the group, and they tour internationally for that year.

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Puzzles4Kids Answer

MPL Hosting Exhibit By Artist Patty Harrington In August

By JEAN HLADY

Milton Public Library

The Milton Public Library will host Braintree artist Patty Harrington in the library's Wotiz Gallery during the month of August.

Harrington was a self-taught artist for seven years, and then for two more years she studied with experienced Milton teacher Beth Neville. She will be showing a collection of drawings called "In Your Light I Learn to Love" which consists of colored pencil portraits of people who inspire her.

The exhibit's title is inspired by some incredible women in Patty's life, and this is what the artist has to say about her work:

"For me, creating art is pure joy and my soul's desire. Art is my way of bringing love to the world. As far back as I can remember, I have loved drawing and painting and have aspired to



MILTON PUBLIC LIBRARY will host Braintree artist Patty Harrington in the library's Wotiz Gallery during the month of August. Harrington will be showing a collection of drawings called "In Your Light I Learn to Love" which consists of colored pencil portraits of people who inspire her. The artwork shown above is entitled "Kevin's Garden."

Courtesy Photo

be an artist. However, life had other ideas and would take me in a different direc-

tion.

"Eight years ago, I had the opportunity to go on a

two-year sabbatical which led me on a journey inward. Upon returning, so too was

my enthusiasm to create restored. I began eagerly and earnestly to learn on my own. At the same time I began work at East Milton Wine and Spirits, where the owners, the Delaney family, so kindly allowed and encouraged me to use the store as a platform to begin to sell my work. They, along with the friends I work with and the loving community of patrons, continue to support me on my journey to learn and grow as an artist."

Patty decided three years ago that she should have a teacher, and so she started working with Beth Neville, an exceptionally talented artist and instructor, who has been instrumental in not only her learning the technical aspects of art, but also encouraged her to be bold and to embrace her personal style.

Patty is very grateful for this, and in addition she says

this about her craft: "I believe as I walk this journey of life, it takes a village in order for each of us to reach our potential. These amazing women – through their examples of love, kindness, compassion, generosity, resilience, strength, and courage – have been my grand teachers. Also included in this exhibit are pieces influenced by the beauty of nature and the unconditional love of our four-legged friends."

We hope you will come and visit the Wotiz Gallery during August, and there will be a free and open reception held there on Thursday, Aug. 4, from 6 to 8 p.m. to celebrate this display. Everyone is welcome to come meet the artist and view her lovely work.

For questions, email jhlady@ocln.org or call the Reference Department at (617) 898-4964.

Extend Your Cilantro Harvest And Enjoyment

By MELINDA MYERS

Cilantro is a favorite ingredient in guacamole, tacos, rice dishes and of course salsa. But as summer temperatures climb, the cilantro quickly goes to seed. This can be frustrating but using all parts of the plant or growing a heat tolerant cilantro-flavored substitute can help.

Gardeners in cooler climates can sow seeds every three to four weeks throughout the summer for continual harvests. Those with hotter summers will have the best results growing cilantro in the cooler temperatures of spring, fall and even winter. Grow cilantro in full sun or light shade as temperatures climb and moist well-drained soil for best results.

Mulching the soil to keep the roots cool and moist will help delay flowering. Avoid overwatering that can lead to root rot.

Harvest the leaves when they are four to six inches tall and before the plants flower for the best flavor.

Harvest as needed a third of the plant at one time to allow it to keep producing or cut the whole plant back to an inch above the ground and wait for it to regrow.

Store freshly cut leaves like a bouquet of flowers in a glass of fresh water. Place in the refrigerator to use for the upcoming week. Hang leaves upside down to dry or freeze. Just wash the leaves, pat dry and place in a freezer bag or air-tight container in the freezer. Or chop up the rinsed cilantro into smaller pieces, place in ice cube trays and top with a splash of water before placing in the freezer.

As temperatures rise, the plant will flower and set seed. Do not discard it but rather look at utilizing the other parts of this plant. Enjoy the beauty and flavor of the lacy white flowers that also attract beneficial insects to the garden.

After the white flowers fade, green seeds appear. Wait for the plants and seeds to turn brown when

using them as coriander. Cut off the seed heads, place in a paper bag, and allow the seeds to drop to the bottom. The seeds are ground and used in breads, cakes, pickling spices, and Asian food. Store in sealed containers until ready to use.

Otherwise allow the seeds to drop to the ground in the garden and grow new cilantro plants to harvest and enjoy. Cilantro seeds sprout readily when soil temperatures are 55 to 68°F and the plants can withstand a light frost.

Don't forget to harvest the roots and use them for seasoning Thai and Vietnamese food. These taste best when harvested in fall.

In the future, consider buying seeds of slow bolting cilantro varieties like Slow-Bolt, Leisure and the 2006 All-America Selections award winner Delfino Cilantro.

Or try growing Papalo, also known as summer cilantro, in next year's garden. It has a similar but stronger

flavor than cilantro with a hint of citrus and mint and thrives in hot weather. You will only need one or two plants as this annual grows up to five feet tall and several feet wide. Harvest young leaves for the best flavor and use only 1/2 or 1/3 the amount of cilantro called for in recipes.

You may need to start your own plants from seeds if none of the garden centers in your area sell plants. Start seeds indoors or directly in the garden once the danger of frost has passed and the soil is warm.

Extend your cilantro harvest and enjoyment by utilizing every part of the plant. Adjust your cilantro growing techniques as well as plant selection to help beat the heat.

Melinda Myers has written more than 20 gardening books, including the recently released Midwest Gardener's Handbook, 2nd Edition and Small Space Gardening. She hosts The Great Courses "How to



CILANTRO READY to be harvested.

Photo courtesy of MelindaMyers.com

Grow Anything" DVD instant video series and the nationally syndicated Melinda's Garden Moment TV

& radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and her website is www.MelindaMyers.com.

Bootstrap Compost Eyes Diverting 100,000 Lbs. Of Food Scraps From Waste Stream By 2023

Since launching service in Quincy in 2011, Bootstrap Compost has diverted approximately 85,000 pounds of food scraps away from the city's landfill waste stream. Their goal is to reach the 100,000 lbs mark by 2023.

To encourage more Quincy residents to compost with Bootstrap, they are offering one month of free composting to all new signups from Quincy when they use the code COMPOSTCURI- OUS2022 when they sign up on their website at <http://bootstrapcompost.com>.

This is part of a larger

initiative to divert food scraps from landfills. In the 84 communities in Eastern New England that they currently serve, they have composted 9 million pounds of food waste in the last decade. They would like to top the 10 million mark soon, and aim for 20 million next. Municipalities around the Commonwealth are becoming increasingly worried about landfill capacity running out, and a recent EPA study suggests as much as 20-30% of all waste is compostable food scraps. Team Bootstrap is working hard to their part in salvaging those

food scraps to limit landfill usage and create nutrient rich compost for local food growing.

As a residential and commercial food scraps hauler, Bootstrap Compost does this by providing their subscribers with a clean 5-gallon bucket, compostable liner, and tight-fitting "Easy Peel" lid to capture unwanted produce, meat, grains, egg shells, coffee grounds and other various compostables ("if it grows, it goes"). This organic material is then hauled to one of their four local farming partners, including Rocky Hill Farm

in Saugus and Wright Locke Farm in Winchester, where it's engineered (through the addition of carbon-rich material like wood chips, leaves, etc.) into a nutrient-rich compost.

Diverting organics from the waste stream saves landfill space and the associated emissions and costs, and their process ensures those valuable nutrients remain in their local food cycle. They supply local farms and their customers with their "black gold" finished compost to help them grow sustainably. They donate remaining compost to local schools

and community gardens to encourage greater participation in local food growing.

Residential compost service from Bootstrap costs \$11 for weekly visits or \$15 for bi-weekly visits (once every two weeks). Finished compost is returned to customers – both residential and commercial – for free from warehouses located in Everett and Malden. The finished compost, as well as composting worm boxes, worm castings and compost tea, are also available for the general public to purchase from Bootstrap's online store.

Bootstrap frequently provide workshops at public schools, libraries, and other community organizations to teach folks about composting and sustainability and encourage them to get involved with the local food movement. Their recent efforts include teaching students how to make compost. They have also recently given compost donations to community gardens.

If your local organization is interested in promoting composting and local food growth, consider partnering with Bootstrap.

Mayor Koch's ANNUAL

COMMUNITY COOKOUT

Join us for
food, beverages, music and games.
Water Slip and Slide for the Kids!
Bring your swimsuits & towels.

WEDNESDAY, AUGUST 3

5-8 P.M.

PAGEANT FIELD

GOOD FOOD • GOOD TIMES
GREAT PEOPLE

*Hope to see
you there!*
Tom

KOCH
FOR QUINCY

Committee to Re-Elect Mayor Tom Koch
P.O. Box 134, Quincy, MA 02170

617-773-5624

 KochForQuincy

www.KochForQuincy.com